



# Reverse Diabetes: A 12-Week Plan for Lowering Your Blood Sugar by 25%

*Editors of Reader's Digest*


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Strive to do more than just "manage" diabetes—reverse it. With the step-by-step advice found in *Reverse Diabetes*, in just 12 weeks readers can: Lower blood sugar by up to 25%, lose dangerous belly fat, lower the need for diabetes medication, Eat well with more than 50 delicious recipes, Shop right with weekly shopping lists, track success with a 12-week diary, and so much more!

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