



The Paleo Keto Festive Sugar Detox Diabetic Cookbook (Paperback)

By Mercedes Del Rey

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.If you have a history of diabetes in your family or if you re carrying a few too many extra pounds around your middle, if you eat the typical western diet of highly-processed foods and wonder if there s any way to improve your health and reduce the risks of contracting diabetes, this book could save your life. Or the life of a loved one. In addition you will find a hugely delicious array of tasty meals, snacks and treats so that even if you want a sugar detox or have diabetes, you can still enjoy the festivities without any guilt or weight gain. In fact you will lose weight! Fortunately, there has been a powerful response to this epidemic from the medical research community and we now understand so much more about the nature of the condition than ever before. That understanding provides us with a wealth of methods for dealing with the disease directly and effectively. The methods in this book include: Spotting the symptoms Determining your own risks of contracting the condition Recognising the warning signs Understanding the impact...



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