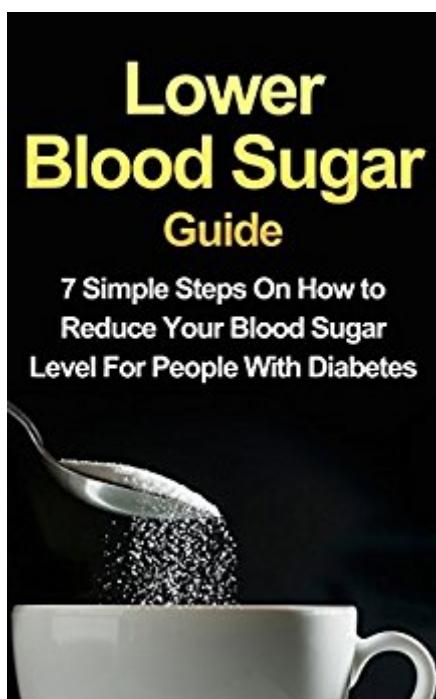


The book was found

Lower Blood Sugar Guide: 7 Simple Steps On How To Reduce Your Blood Sugar Level For People With Diabetes (FREE Bonus Included)



Synopsis

An Effective Step-By-Step Method To Lower Your Blood Sugar and Control Your Diabetes Living with diabetes can be a tough thing to deal with, especially due to the fact that this condition is usually followed by a series of other complications. When the excessive amount of sugar becomes too overwhelming, it becomes hard for the kidneys to work to get rid of the excess glucose and the result is a series of complications, and an increase in your risk for heart disease, diabetes, strokes, and several other conditions. This book contains seven important proven steps and strategies that you can do to lower your blood sugar level and not have to worry about an increasing blood sugar level. As a diabetic you will need to change your current lifestyle to keep your blood sugar stable. When you apply the seven essential steps that are in this book, you will be able to lower your blood sugar to a level that will restore you to normal health. Lower Blood Sugar Guide includes... How Stress Can Affect Your Sugar Level Knowing What Foods To Eat and Avoid Healthy Lifestyle To Lower Your Blood Sugar Effective Weight Loss Strategies How Omega 3's Can Help Reduce Blood Sugar Levels And More!! By taking action in what you learn in Lower Blood Sugar Guide, your health will improve by applying the proven methods of lowering your blood sugar. Put these ideas to work and pay off will be sooner than you think. You'll be glad you did. Download your copy now and take control of your blood sugar today.

Book Information

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Customer Reviews

This book is really educational. The 7 important steps he mentioned in the book are all easy to follow. For example, if you really want to be healthy monitoring your food intake is important. Also, one of the things he mentioned in lowering your blood sugar is to drink cinnamon extract once a day. Since it is available in the market, drinking cinnamon is easy. Prevention is better than cure. Being aware of the symptoms can help you prevent the disease. In fact, this is not just helping you to prevent diabetes. The book is teaching you also that having a healthy lifestyle is a must. I really like the book. Full of information and very helpful. Two thumbs up!!!

I was two times diagnosed with Gestational Diabetes with my past 2 pregnancies and it was very difficult for me. I used to monitor my blood sugar daily and was very conscious of my food intake. After giving birth my blood sugar became normal but the doctor told me that I have a high risk of having diabetes if I will not take care of my sugar intake. Upon reading the book Lower Blood Sugar by Richard Hall I got a better understanding of diabetes and how it can affect one's life. The book teaches us to have a healthy lifestyle. It is a very helpful guide on how to lower blood sugar. It only takes 7 simple steps that are all easy to remember! Two thumbs up for this book!

Yeah, it gives seven steps to controlling blood sugar but way too little information about just how to do it in real life -- except maybe for the last step which is "go see a doctor," that is enough information for that step I guess. Some of the information it does include is out of date and no longer recommended for diabetics -- for example saturated fats have been shown to be neutral health wise, neither particularly good nor particularly bad but the author says to avoid saturated fats in your diet. Most current diet recommendations include saturated fats sing they are less likely to drive up blood sugar than their possible replacements: carbohydrates and proteins.

For someone coming from a family with diabetes history, i find this book significant in my everyday life, this way I got to know more about my situation and what needs to be done to keep healthy. The importance of knowing the effects of sugar and other sources to maintain the right amount of blood sugar. Like the old saying is, prevention is better than cure, so this early, all the information i got

from this book will certainly help me throughout living a healthy lifestyle.

I liked it

Pretty basic, good for those who know nothing about type 2 diabetes.

0k

good information

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