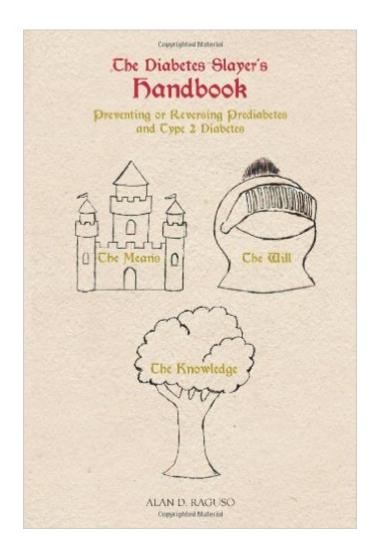
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The Diabetes Slayer's Handbook: Preventing Or Reversing Prediabetes And Type 2 Diabetes





Synopsis

Just over eleven years ago, author Alan D. Raguso was diagnosed with type 2 diabetes. He spent ten years battling raging A1Cs and ever-worsening blood-glucose readings; two and a half years ago, he started developing the beginning stages of retinal problems. That's when Raguso decided to get serious about his health and resolved to find a way to beat diabetes. In The Diabetes Slayer's Handbook, he narrates his journey with the disease and presents a nonsurgical, nonprescription-drug intervention program that he discovered through his research and study of nutrition. He provides an understanding of the basics of prediabetes, type 2 diabetes, excess weight, sugar and carbohydrates, and metabolism, and he outlines diabetes-reversal techniques using everyday healthy foods combined with easy low-impact exercise. The Diabetes Slayer's Handbook dissects the components of diabetes and offers a game plan for attacking the disease to help diabetes sufferers get a handle on their health and their life.

Book Information

Paperback: 116 pages Publisher: iUniverse (October 5, 2012) Language: English ISBN-10: 1475950039 ISBN-13: 978-1475950038 Product Dimensions: 6 x 0.3 x 9 inches Shipping Weight: 8.2 ounces (View shipping rates and policies) Average Customer Review: 5.0 out of 5 stars Â See all reviews (5 customer reviews) Best Sellers Rank: #1,049,146 in Books (See Top 100 in Books) #75 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > Type 2 #736 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #4695 in Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases

Customer Reviews

The Diabetes Slayer's Handbook: Preventing or Reversing Prediabetes and Type 2 DiabetesThis book is unique in that the author actually REVERSED his own diabetes - (and diabetic eye disease)-WITHOUT SELLING A PRODUCT!How refreshing- no gimmicks, no program to buy, just step by step how to reverse your own insulin resistance at home. I learned about how acidic foods affect my blood sugar and how chloropyll helps insulin resistance- easy easy quick read, easy to understand-no medical lingo. 5 stars!

I have a lot of friends and family who are diabetics, and I bought a number of copies of the book and gave it to them as gifts, and I've gotten only positive comments back as a result. It reads very quickly, before you can make up an excuse not to finish it. And not know the level of diabetes education people have that might read it, I can conclude that it probably comes at them from a perspective they haven't considered before. Great book and worth your time to read.

As serious a subject as diabetes is, it deserves this common sense and easy-to-understand information by Alan Raguso. Written by one who has experienced the devastation of the disease in his family, his friends, and himself, this is a success story with clear and motivating steps to take. Share it!

Thanks!

Good book. Alan doesn't waste your time with a lot of unnecessary words. He tells you what you need to know in a short amount of time. If you do what he tells you it will make a difference in your diabetic health. Would be a good book even for non diabetics - just good healthy living.

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