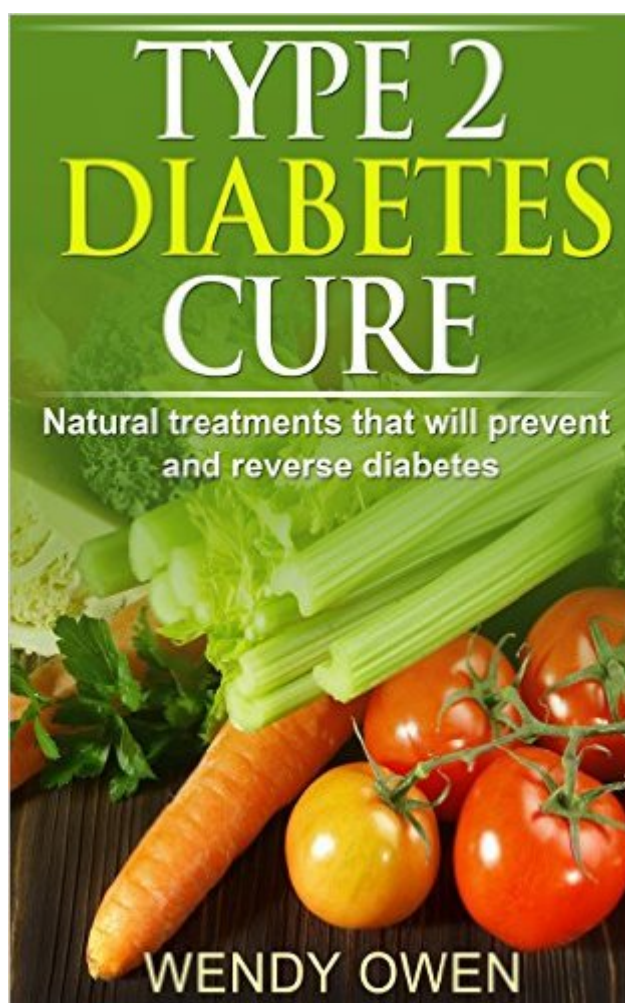


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# Type 2 Diabetes Cure: Natural Treatments That Will Prevent And Reverse Diabetes (Natural Health Books) (Volume 2)



## Synopsis

A Type 2 Diabetes Cure Really Is Possible Can You Cure Diabetes? With diet and lifestyle changes it's possible to maintain normal glucose levels and reverse insulin resistance. As long as the pancreas is still producing sufficient insulin, you can reverse type 2 diabetes. Have you recently been diagnosed with diabetes? If so you're probably feeling a little shocked and upset. Yes, diabetes is a serious illness, but you certainly don't have to live with it for the rest of your life. Type 2 diabetes can be reversed with a few lifestyle changes. Maybe you're a bit worried about developing type 2 diabetes. Perhaps someone in your family has the condition, or you have other risk factors, such as metabolic syndrome? If so, you can definitely avoid becoming a diabetes statistic by following the advice in this book. Who am I and why should you listen to me? I have a diploma in holistic health therapy and have done extensive research into natural cures for diseases such as arthritis, diabetes and other auto-immune diseases as well as complaints such as insomnia, anxiety and stress. Although you probably already know that diet and a sedentary lifestyle have probably contributed towards your condition, it's certainly not easy to make the lifestyle changes you will undoubtedly now have to make. This is why I have included a section in the book on "mindset". You'll need to get your mind onside and working for you so your healthy lifestyle changes will seem a lot easier to make. You'll also discover... The best and latest supplements to help you to reverse your condition What foods are best to eat and what foods you should never eat An easy little tip to get rid of sugar cravings Why it's not a good idea to simply take medication for the rest of your life, and... A ten minute exercise to burn fat fast! There is also an added chapter on sweeteners â “ both artificial and natural. Find out which are the best and worst to use and why. As your condition improves, you'll probably be able to cut down on your diabetes medication, if you are already using it. However, never do this without first consulting your health care provider.

## Book Information

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## Customer Reviews

Reading this book is a wake-up call for me as I'm now in my 40s, and sedentary lifestyle have slowly begun to creep in. I loved the holistic manner in which Ms. Owen approached the subject of curing Type 2 Diabetes naturally. From the simple, jargon free introduction to what Type 2 diabetes is, to signs & symptoms to be aware of, to ways of preventing, managing and reversing this lifestyle disease. I especially enjoyed the chapter on exercise and natural remedies. I was pleasantly surprised to find one of my favorite herb - cinnamon - contains natural compounds that help balance blood glucose. Finally, I really appreciate the "Points to take away" at the end of each chapter - a succinct summary of important points to remember.

Having had three diabetic cats--all of whom were overweight and all of whom were initially put on insulin until we learned about diet management--I am a firm believer in how a change in diet can have a very positive effect on controlling and even reversing Type 2 diabetes. (Two of my three insulin dependent cats were able to go off of all medication with a change in diet as recommended by our veterinarian, and the third while he still needed oral medication no longer had to have insulin shots) This book takes a responsible tone towards explaining the differences between Type 1 and Type 2 diabetes, symptoms of diabetes to watch out for, and how to manage diabetes through diet. The book is careful to state that while symptoms of Type 2 Diabetes (only) can often be reversed through the suggestions she makes, that it is important to maintain your medication regime as prescribed by your doctor and should you be diagnosed with diabetes to work with your doctor to get the best results from this diet program. The approach Ms. Owen takes towards explaining how diabetes works and how diet affects diabetes is straightforward and very easy to understand. I thought I had known a fair amount about diabetes from having had family members, friends, and cats with the disease, but this book really taught me even more about the disease including about diabetes medications, what symptoms to watch for (I hadn't known about black skin in the creases), and most importantly, how to eat a diet that will help you not only manage your diabetes, but also do so in a way that keeps the joy in food! The book offers helpful tips and great resources to explore so

that you can eat safely and happily. And in addition to diet suggestions, you also get lots of great techniques to adjust your emotional relationship with stress and food. In short, this is a very helpful book that I'm going to be lending right away to my mom who is prediabetic and a number of my diabetic friends as a reference! Great book!

I just finished reading *Type 2 Diabetes Cure*. I like the holistic approach of the author and the way in which the topic - Type 2 Diabetes is covered thoroughly in the book. The book opens up with a clear distinction between Type 1 and Type 2 diabetes. It covers the causes of Type 2 diabetes, the symptoms, current medication (what the various medication do and their side effects), how to manage and reverse Type 2 diabetes naturally, the role of natural supplements and which sweeteners to avoid. The book is well written in everyday language making it easy to read and understand. I like the pictures in the book - each one drives home a vital point. Good news - Type 2 Diabetes can be reversed and this book shows you - how!

Preventing and reversing Type 2 diabetes is purely and simply a lifestyle issue. A balanced, low carbohydrate, low glycemic diet and exercise may be all you need and this excellent, well-written book will tell you how to do it. The disease itself is fraught with dangers, from kidney failure to diabetic retinopathy (eye issues) to nerve pain and damage... Medications to control it, don't cure, but add more issues. Exercise and a few dietary adjustments don't seem that much to ask. Excellent information, dietary and exercise suggestions, herbal help, symptoms, testing and much more in this excellent resource. Highly recommended.

Having a type 2 diabetes can be quite shocking, especially if you love food so much! Through this book, I have discovered that I had to make the lifestyle changes necessary to curb this... The latest supplements is especially useful to help you reverse the condition. Important to note as well are the foods you should eat or not eat, the book stresses on getting rid of your sugar cravings. Taking medication is the last resort, it's not an alternative for the rest of my life... It's a good eye-opener!

I got this book for my mother in law who is diabetic and didn't really know what to expect but I soon found myself completely taken in by the information. I read it too before I passed it along to her and I found this book to be an interesting and well thought out book, and also very clear too. It is well written, thought provoking and so very helpful and I think that is why I enjoyed it the most.

The author gives a good overview of Type 2 Diabetes, its causes, and symptoms. She goes into detail about current treatment options but recommends a natural cure through diet, exercise, and supplements. It is definitely a better way to go than medicines and their side effects. This is very clearly written and makes an excellent argument for a natural cure.

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