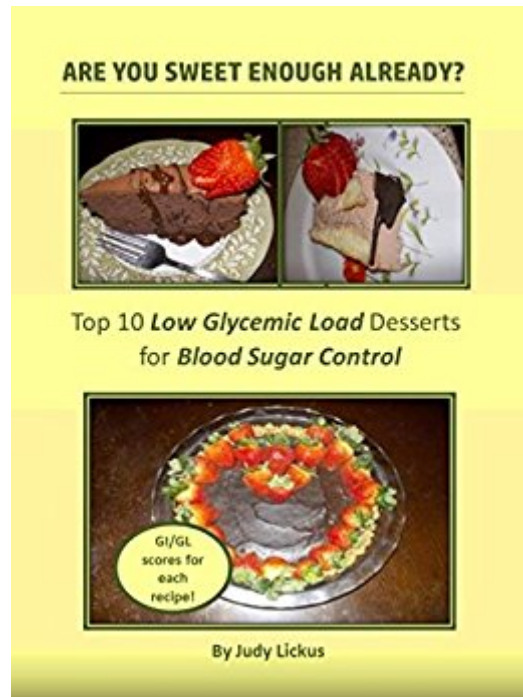


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# Are You Sweet Enough Already?



## Synopsis

Stop the Guesswork! Regulate Blood Glucose Levels the Natural Way! • Glycemic index and glycemic load offer information about how foods affect blood sugar and insulin. The lower a food's glycemic index or glycemic load, the less it affects blood sugar and insulin levels. • Harvard Medical School • I'm not going to waste your valuable time with scary details, sad stories, or sorry statistics about untreated high blood sugar levels. Instead, I am going to share with you the one scientifically proven method of natural blood sugar regulation. You see, science is on your side. Numbers are your best friend. That's because they always tell you the truth. Numbers never lie to you. If you are wondering how the Glycemic Index (GI) and Glycemic Load (GL) can help you make better carbohydrate choices, you have come to the right place. And you can taste test some results right away. The Decadent Dessert Contest Winners in this book will give you a good start. That's because these recipes have the GI and the GL scores already figured out for you. Plus each recipe gives you the nutrition information including calories, carbohydrate, fiber, fat, saturated fat, protein, and sodium for each serving. Now the real question is this: Do you really want to know how you can take control of your blood sugar and insulin levels? Then you are probably wondering how to use the GI and GL yourself to regulate your blood sugar. Problem solved: Inside this book you'll also receive a Free Special Bonus Section with everything you need. You can harness the power of using the GI and GL for building your meals and your own healthy recipes that regulate blood sugar levels. And the best part is that you can use this easy step-by-step process to calculate the bottom-line, most important GL score for any recipe at all. You can try it out right now with these quick and easy-to-make desserts. They come with simple detailed instructions and the results will delight your friends and family. There is a scrumptious dessert for every occasion included in this collection plus full color photos of each dessert. So, stop the guesswork today. Control your blood sugar and insulin levels the natural way. All it takes is a little simple 5th grade arithmetic. You don't have to deprive yourself anymore. Diabetes Manager is serving up satisfying new Low Glycemic Load Desserts for blood sugar control. Here are the Top 10 Low Glycemic Load Desserts you can enjoy right away without a side serving of shame or guilt as you learn about this simple way to keep your blood sugar levels under control: Brownie Biscotties Pumpkin Custard Chocolado Parfaits Ranger Cookies Gingerbread Baby-Cakes Chocolate Avocado Cream Pie Pina-Colado Up-Side-Down Cake Chocolate Black Bean Cake Chocolate Raspberry Ganache Cupcakes Angel Food Cake with Chocolate Whipped Cream Frosting • Scroll back up and click • Buy • now to enjoy these delicious recipes today! If this book has helped you or a loved one, please leave a sincere review. Thank you! Tags: immune & autoimmune systems,

immune & autoimmune, glycemic index, glycemic load, diabetes, diabetes diet, type two diabetes, insulin, blood sugar levels, atkins diet, south beach diet, ketogenic diet, low carb diet, gluten free diet, blood sugar control, blood sugar control diet, diabetes desserts, diabetic desserts, low glycemic index desserts, low glycemic load desserts, blood sugar control desserts, vegan diet, vegan desserts, ketogenic desserts, atkins desserts, glycemic load desserts, low carb desserts, diabetes desserts, gluten free desserts, lower blood sugar levels, reverse diabetes

## **Book Information**

File Size: 1511 KB

Print Length: 62 pages

Page Numbers Source ISBN: 1523803991

Publisher: Diabetes Manager (November 12, 2015)

Publication Date: November 12, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B014N3KU40

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #343,797 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #102

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## **Customer Reviews**

As someone who is well aware of the dangers of sugar, I was pleasantly surprised to see such delicious looking dishes and can hardly wait to try more than one of them. I thought that the summary in the back was information that few are aware of and need to know with our obesity problem. Few are aware that sugar is a problem, not fat. Good-Good-Good

Everybody that has an interest in the Glycemic Index Diet should buy her books. I have read several

other authors and though I received some information, it seemed I always had more questions.

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