



Beating Diabetes: How to defeat the horrors of type 2 diabetes

Mr Paul D Kennedy

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Type 2 diabetes is a sneaky disease. It begins painlessly with few symptoms. But, it is deadly. Over time diabetes will destroy your heart, kidneys, eyes, nerves, feet and hands. And there is no cure. However there is a way you can postpone these horrible consequences, ie defeat your diabetes. Here's my story ... I was diagnosed with type 2 diabetes many years ago and began following the well-intended advice of medical professionals. But nothing I was told to do worked and my health deteriorated progressively. It got so bad that I became desperate for a solution and began researching the matter for myself. I am not a medical professional. But I am an experienced researcher. I know how to find, gather, analyze and digest data on most subjects. The solution, I discovered, is surprisingly simple ... all you have to do is eliminate certain foods from your diet. A few months after I did this, I stopped taking my diabetes medications. You can read exactly what I did in this book. If it worked for me, there is no reason why it should not work for you. The great thing about this simple minor change in diet is that it helps you control your cholesterol and blood pressure levels as well as your diabetes. Beating Diabetes is divided into four sections: - Section One outlines the information you need to understand diabetes. - Section Two shows you how to make informed decisions when choosing food. - Section Three discusses the particular foods you need to eat and the foods you must avoid to beat your diabetes. - Section Four wraps up with suggestions on shopping and cooking. Beating Diabetes is a very practical book. It contains checklists of the foods you may and may not eat, which you can download from beating-diabetes.com for printing out. If you have been recently diagnosed with diabetes or prediabetes, this book will help you safeguard your health.

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