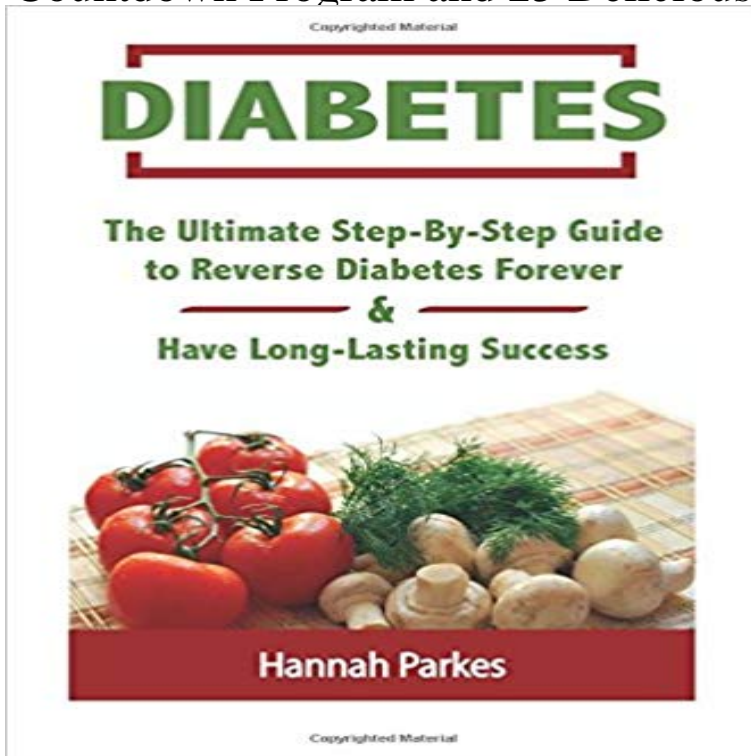


# Diabetes: The Ultimate Step-By-Step Guide to Reverse Diabetes Forever and Have Long-Lasting Success (Includes a 3-Week Diabetes Countdown Program and 25 Delicious Superfoods Recipes)



This is an in depth beginners guide on how to tackle diabetes head on and take control of your life. This book will take you on the journey through how and why diabetes rears its ugly head, and then shows you how to reverse it. With clear and relevant tips on how to change your life and your health, this guide will arm you with the tools and knowledge to become healthier, stronger, happier and diabetes free. It will take you step by step through the changes that you can make, offering a planner, a 3-week eating plan strategy and 25 fantastic diabetes beating meal recipes to choose the best way forward for you. Written with a clear approach, this book will help you build the foundations to living a diabetes free life.

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