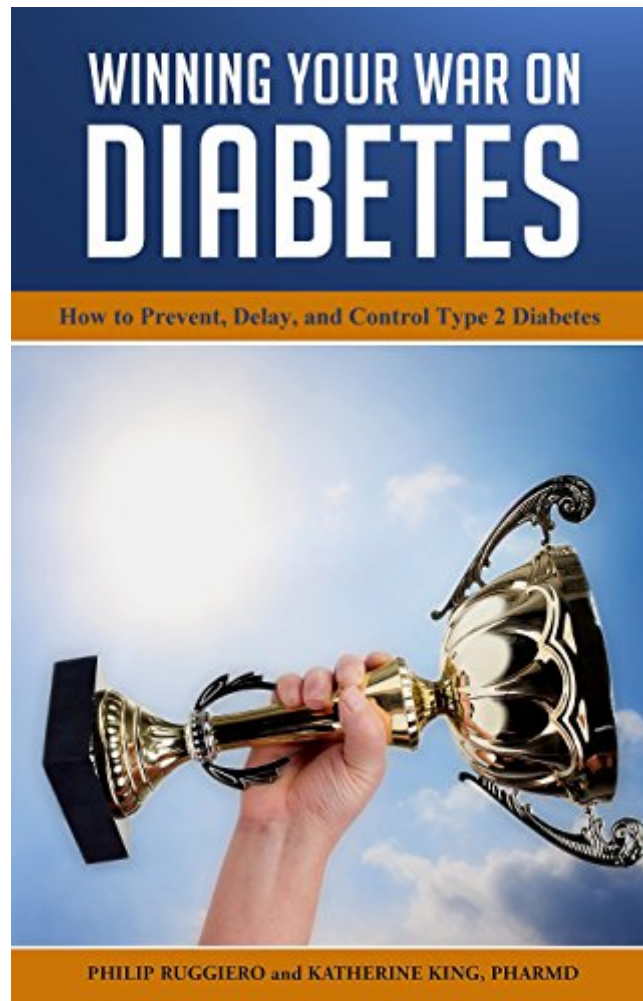


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# Winning Your War On Diabetes: How To Prevent, Delay, And Control Type 2 Diabetes



## Synopsis

Our goal with *Winning Your War On Diabetes* is to provide you with the information you need to prevent, delay, and control Type 2 Diabetes. *Winning Your War On Diabetes* reveals what you need to know to win Your War On Diabetes. And, all for less than the price of a latte! How could we know the steps? Because Phil was diagnosed with Type 2 Diabetes almost five years ago and he was able to reverse the disease; he was able to bring glucose levels back to normal levels and taken off of medication. How? By making a few mistakes, learning from them and going forward. *Winning Your War On Diabetes* is as much a how-to as it is the lessons learned while fighting a war. Phil did not win his war using some secret diet, miracle cure, or special herbs and spices. We discuss what Diabetes is, what it does and give you the weapons you need to win your War. In addition, we provide information about the most widely prescribed medications to control Type 2 Diabetes, written by a pharmacist, because we believe the more you know, the better you will be able to fight your War On Diabetes. *Winning Your War On Diabetes* is based on taking action, because action is what is needed to win your War. The truth is you just can't sit there and expect Diabetes to go away, it won't. It will continue to work away at you from the inside out until you take the necessary steps to take back your health. And, yes, *Winning Your War On Diabetes*, will give you the steps you need to take to win your War On Diabetes. And, that's really the great news - You can prevent, delay and control Type 2 Diabetes. Look, there are a lot of books about Diabetes out there. So many are promising cures through the use of magic beans, potions, a special diet, or even nanotechnology (it's true!). The *War On Diabetes* book makes only one promise and here it is: You can prevent, delay, and/or control Type 2 Diabetes. That's it? Yes, and we won't keep it a secret - we will tell you each step you have to take. You can control Type 2 Diabetes. You can win your War On Diabetes. We believe in you.

## Book Information

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## Customer Reviews

This Kindle book offers a lot of commonsense advice, useful tips, and very comprehensive information on drugs too. Although written and compiled by Americans, all test figures are also 'translated' into European values, something often lacking in books about Diabetes, Whether you think you might have the disease, or you have been diagnosed with Type 2, or Type 1, it is all covered in this easy-to-read volume, of under 100 pages. Simple graphics make points clear and easy to understand, and there are relevant and useful links to various organisations and sources of medical information. So many books purport to offer cures, or try to sell you on the idea of special diets. This one does just the opposite. It tells you, very simply, how you can prevent or control this illness, with sensible eating, exercise, and a positive attitude. There are no sponsors, no 'recommended' foodstuffs, just one man relating his personal war against the disease, and how he is winning it. Drug information is supplied by a qualified pharmacist, so no dangers there. All in all, an invaluable companion for anyone who has Diabetes, or is at serious risk of it. If you care for a Diabetic, or know someone who has it, get them one for Christmas; it will do them more good than a box of cookies, and it's a lot cheaper too!

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