



60 Ways to Lower Your Blood Sugar: Simple Steps to Reduce the Carbs, Shed the Weight, and Feel Great Now!

Dennis Pollock

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It's projected that in 50 years, one American in three will be diabetic. Many today are well on their way to becoming a sad statistic in the war on obesity, high blood sugar, and the related diseases?including diabetes?that can result from a diet that's seriously out of whack.

In his previous bestselling book, *Overcoming Runaway Blood Sugar*, Dennis Pollock shared his personal experience with this deadly epidemic?including his success at lowering his runaway blood sugar to acceptable levels.

Now Dennis offers readers the next step in the battle: 60 practical ways to manage their blood sugar without resorting to a bland unsatisfying diet of turnips and tuna fish.

In this step by step, change by change plan, readers will learn how to:

- reduce their intake of carbs
- exercise more effectively
- shed excess weight

A must-have book for readers serious about regaining their health while also lowering their weight and increasing their energy.

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Have you spare time for just a day? What do you do when you have more or little spare time? That's why, you can choose the suitable activity regarding spend your time. Any person spent their own spare time to take a wander, shopping, or went to the Mall. How about open or read a book called 60 Ways to Lower Your Blood Sugar: Simple Steps to Reduce the Carbs, Shed the Weight, and Feel Great Now!? Maybe it is to be best activity for you. You know beside you can spend your time along with your favorite's book, you can more intelligent than before. Do you agree with it has the opinion or you have different opinion?

Curtis Tyson:

As people who live in the particular modest era should be update about what going on or facts even knowledge to make these people keep up with the era that is always change and progress. Some of you maybe will certainly update themselves by reading books. It is a good choice for you but the problems coming to you actually is you don't know which you should start with. This 60 Ways to Lower Your Blood Sugar: Simple Steps to Reduce the Carbs, Shed the Weight, and Feel Great Now! is our recommendation to help you keep up with the world. Why, because this book serves what you want and need in this era.

Lettie Perez:

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