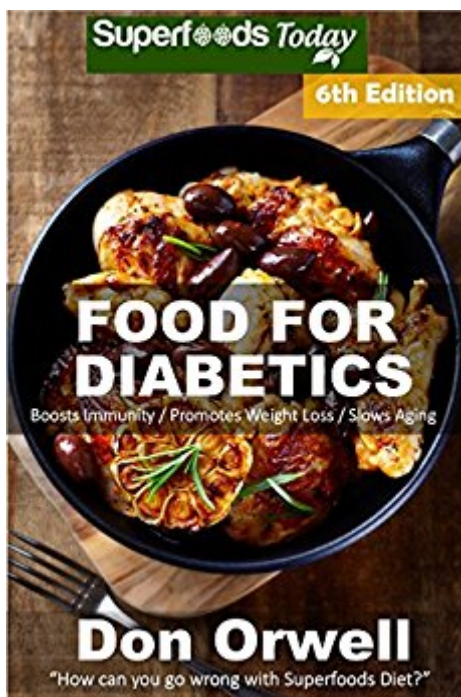


The book was found

Food For Diabetics: Over 220 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes Full Of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 184)



Synopsis

How Can You Go Wrong With Superfoods-Only Diet? FACT: Way too many of us live in a state of poor health, lethargy and moderate obesity. We live with headaches, back pain, inflammation, arthritis, high blood pressure, high cholesterol, diabetes, skin problems, insomnia and cancer. These are all the byproducts of modern western diet, based on processed food. Superfoods are foods and the medicine and they can help with all these symptoms!! Foods for Diabetics Cookbook - sixth edition contains over 220 Superfoods Diabetics recipes for Diabetes Type 2, created with 100% Diabetic Superfoods ingredients. This 460+ pages long book contains recipes for: Appetizers Soups Condiments Breakfast Salads Grilled meats Side dishes Crockpot recipes Casseroles Stews Stir fries Diabetics Sweets Most of the meals can be prepared in just 10-15 minutes. Each recipe combines Diabetic Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. "Our Food Should Be Our Medicine And Our Medicine Should Be Our Food." - Hippocrates 460 - 370 BC The best thing about Superfoods Diabetic Lifestyle is that it will keep your appetite and cravings under control and it will balance your hormones. It's nearly impossible to lose fat if your hormones are out of balance. Superfoods Diabetic Lifestyle works because it lets us return to the type of food your body naturally craves and was designed for. Whole foods Superfoods is the food humans consumed for literally millions of years. Superfoods are nutritionally dense foods that are widely available and which offer tremendous dietary and healing potential. Superfoods diet forbids processed foods, hybridized foods, gluten foods and high glycemic foods. There is nothing super in any of the processed foods or today's hybridized wheat, corn, soy or potatoes. Processed food is the main reason why people suffer from inflammations and why their hormones are out of balance. Superfoods Diet is the only diet that doesn't restrict any major type of food. It features: Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado Proteins: Salmon, Beans, Organic Chicken, Grass-Fed Beef, Pork Tenderloin Non-gluten Carbs: Fruits, Vegetables Antioxidants: Garlic, Ginger, Turmeric, Cocoa, Cinnamon, Berries Superfoods are basically nutrients packed foods especially beneficial for health and well-being. After eating these superior sources of anti-oxidants and essential nutrients for only a week or two you will: Start losing weight and boost energy Get rid of sugar or junk food cravings Lower your blood sugar and stabilize your insulin level Detox your body from years of eating processed foods Lower your blood pressure and your cholesterol Fix your hormone imbalance

and boost immunity → Increase your stamina and libido → Get rid of inflammations in your body Would You Like To Know More?Download and start getting healthier today.Scroll to the top of the page and select the buy button.

Book Information

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Customer Reviews

This is a great recipe e=Book. I got it for free during a cookbook special. It has well over 220 recipes to peruse. All of the recipes are targeted to a diabetic diet so they are low sugar and have limited carbs. Because my husband and I are not very good at eating veggies, there are several recipes in the book that we may never try. However, with 220+, there are many that look delicious. I particularly liked the Almond Butter Banana Oats version of oatmeal. The recipes are easy to see and follow. The photos are great. I really like how they have the allergens coded to so I can see which recipes have egg in them immediately. My husband is allergic. They include a notation of how many servings are indicated for each recipe. One thing I wish they had was a calorie count or other

nutritional value information. I need to know sugar counts for my dietary restrictions. Overall though this is a very colorful and thorough cookbook.

Are you constantly asking yourself, "What can I eat?" It's time to stop worrying! Living with diabetes doesn't have to mean feeling deprived. We'll help you learn to balance your meals and make the healthiest food choices. Once you get the hang of eating a healthy diet, you can relax and dig in to a wide variety of delicious meals and snacks. A great way to get started is with food from this book! The recipes and pictures are super great!

Nothing special.

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