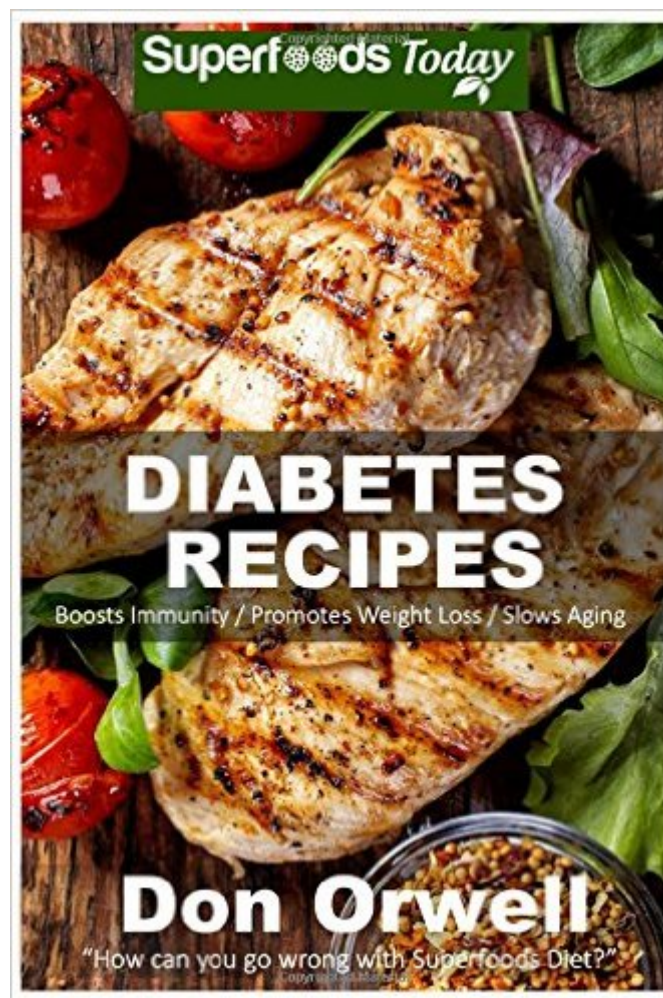


The book was found

Diabetes Recipes: Over 230 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes Full Of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100)





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 â “ theyâ™re 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!! Diabetes Recipes contains over 230 Superfoods Diabetics recipes for Diabetes Type 2, created with 100% Diabetic Superfoods ingredients. This 470+ pages long book contains recipes for: â ¢ Appetizers â ¢ Soups â ¢ Condiments â ¢ Breakfast â ¢ Salads â ¢ Grilled meats â ¢ Side dishes â ¢ Crockpot recipes â ¢ Casseroles â ¢ Stews â ¢ Stir fries â ¢ 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. â œOur Food Should Be Our Medicine And Our Medicine Should Be Our Food.â • - 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 itâ™s 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 todayâ™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 doesnâ™t restrict any major type of food. It features: â ¢ Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado â ¢ Proteins: Salmon, Beans, Organic Chicken, Grass-Fed Beef, Pork Tenderloin â ¢ Non-gluten Carbs: Fruits, Vegetables â ¢ Antioxidants: Garlic, Ginger, Turmeric, Cacao, 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: â ¢ Start losing weight and boost energy â ¢ Get rid of sugar or junk food cravings â ¢ Lower your blood sugar and stabilize your insulin level â ¢ Detox your body from years of eating processed foods â ¢ Lower your blood pressure and your cholesterol â ¢ Fix your hormone imbalance and boost immunity â ¢ Increase your stamina and libido â ¢ 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 book offers up a great variety of different types of foods that you can make with a good variety of ingredients. Of all the ones that I have tried from this book, I haven't found one that was hard to do and all of them were simply amazing. I love how easy it is to read this book and storing it is a breeze. I know that a lot of people have gotten away from actual cookbooks in favor of online versions, but this is truly one of those books that can and should be passed down among generations for great meals! I love i

An excellent book both with great tips and information and recipes. Very practical for a newly diagnosed diabetic and those that have been dealing with diabetes for some time. I like this straight forward book, with interesting facts and recipes ideas.

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