



# How To Lower Blood Sugar: Natural Remedies for Diabetes

*Nora M Greenway*

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Perhaps your doctor has said those painfully unwelcome words to you – “If we don’t get your blood sugar under control, you’ll have diabetes”...or, worse, “Your blood sugar is too high. It’s time to put you on treatment.” Your weight, your eating habits, your lack of exercise, chronic stress, and your genes – have finally caught up with you. You are now one of the over 79 million adults and children with prediabetes or the 25.8 million adults and children with actual diabetes in the United States. You need to make changes...Now! But, how? If you want to learn how to lower your blood sugar naturally, reduce the risk of diabetic complications, and cut down on the diabetes drugs you have to take, this book is for you. "How To Lower Blood Sugar: Natural Remedies for Diabetes" reveals the tools to help you reduce your blood sugar naturally. Here you'll discover how to... • Eat foods and superfoods to lower blood sugar • Find low glycemic index foods and recipes that taste good • Take the right herbal remedies for diabetes and prediabetes • Choose the best vitamins, minerals, and antioxidants that can improve your blood sugar control • Stop compulsive overeating that adds on the pounds • Reduce stress that makes it hard to keep your blood sugar levels normal • Get support from alternative therapies to improve your energy and mental clarity so that you can succeed at losing that excess weight This guide book will show you step-by-step ways to lower blood sugar. This self-empowering package can make all the difference for you. End your sense of helplessness over your high blood sugar levels. Get this book and get answers today!



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