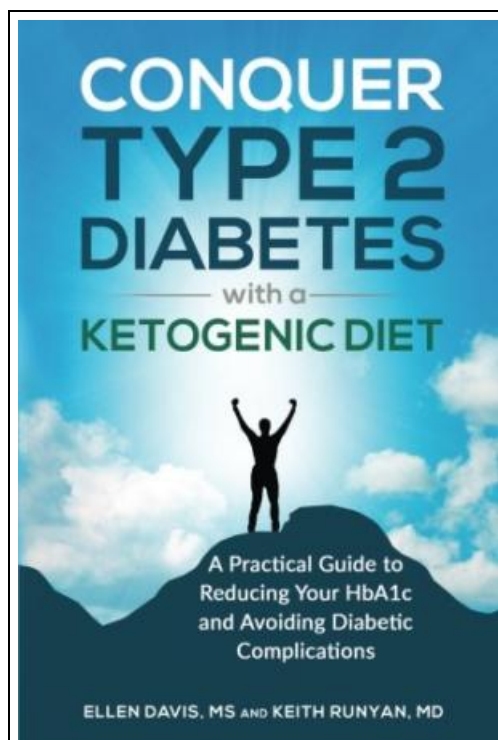


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CONQUER TYPE 2 DIABETES WITH A KETOGENIC DIET: A PRACTICAL GUIDE FOR REDUCING YOUR HBA1C AND AVOIDING DIABETIC COMPLICATIONS (PAPERBACK)



Gutsy Badger Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Type 2 diabetes is a modern disease of carbohydrate intolerance, meaning your body isn't able to process carbohydrate (sugars and starches) normally. Consuming these foods results in high blood sugar, and over time, diabetic complications. Before the invention of insulin in the 1920s, physicians advised diabetics to avoid eating carbohydrates because of this intolerance. In contrast, modern advice is to eat carbohydrates and treat the resulting high blood sugar with medications and insulin. This eat carb and take medicine method increases the cost of diabetic care and does nothing to resolve the underlying disease and progression. The logical solution is to follow a low-carb ketogenic diet because it treats type 2 diabetes at the root cause. Avoiding carbs while enjoying foods rich in healthy fats and protein stabilizes blood sugar and reduces and in some cases, eliminates the need for diabetic medications. Conquer Type 2 Diabetes with a Ketogenic Diet has all the information you need to successfully take control of your diabetes. In addition to clear explanations of the science, this book includes personal success stories, information on blood sugar monitoring and insulin therapy, the foods to eat and to avoid, cooking tips, how to get started and personalize the diet, medication interactions and more.



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