



Food for Diabetics: Over 260 Diabetes Type-2 Quick Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes Full of Antioxidants Phytochemicals (Paperback)

By Don Orwell

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.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 - they 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!! Foods for Diabetics Cookbook - tenth edition contains over 260 Superfoods Diabetics recipes for Diabetes Type 2, created with 100 Diabetic Superfoods ingredients. This 500+ pages long book contains recipes for: - Appetizers - Soups - Condiments - Breakfast - Salads - Grilled meats - Side dishes - Crockpot recipes - Casseroles - Stews - Stir fries - Diabetic 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...



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