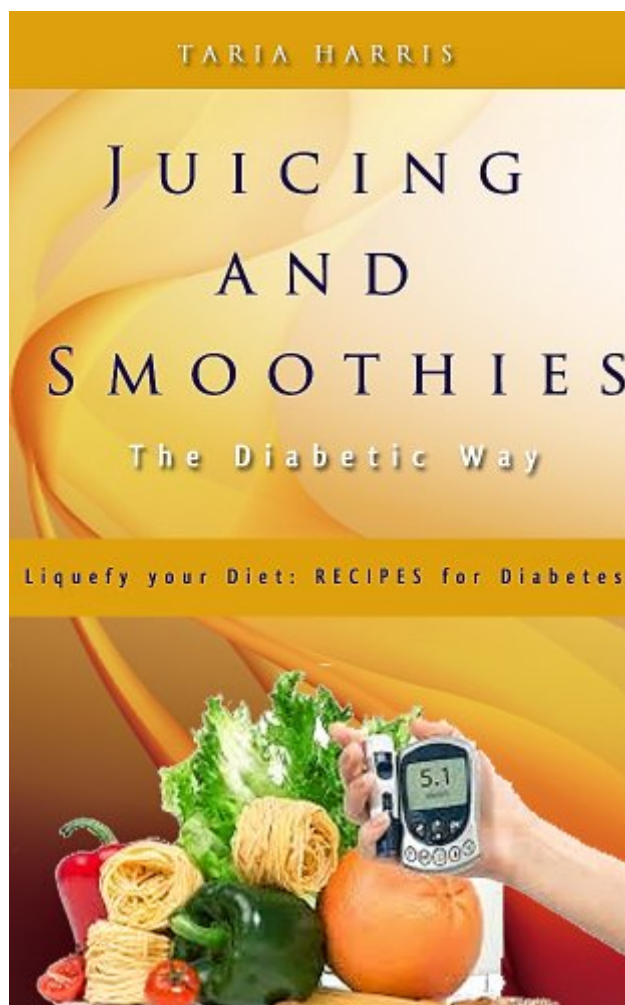


The book was found

Juicing And Smoothies The Diabetic Way: Liquefy Your Diet: RECIPES For Diabetes



Synopsis

Juicing and Smoothies the Diabetic Way Here Is A Preview Of What You'll Learn...(Juicing and Smoothies Recipes) (Juicing for diabetes)(Ingredients For Juicing)(Smoothie recipes for Weight Loss)(Juices and Smoothies for diabetics)(Reversing Type 2 Diabetes) Download your \$3.99 copy today! Tags: healthy, health, diabetes, diabetic, fruits, vegetables, recipes, weight loss, type 2, smoothie, juicing, reverse © 2014 All Rights Reserved !

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Customer Reviews

I felt that this book was very good for diabetics who want to change the way they eat in order to control their disease. I have been a diabetic for years, and have fortunately been able to avoid having to take insulin shots. I haven't always been good with my diet, and have found myself taking more pills, which I hate. So, I decided to try something different: juicing. Before I started, I looked for a book that would give me some help, and that's where I found "Juicing and Smoothies for Diabetics". It was easy to read, was quick, and to the point. There are several recipes for both juices and smoothies, which will help with maintaining blood sugar levels. The price was right too, even if one doesn't try any of the recipes.

I bought this fir recipes to help control type II diabetes. 90% of the recipes were for fruit smoothies with a high sugar content. Not nearly enough information.

Juicing is the way to go. Started juicing healthier after reviewing this book.I will surely recommend this book to my family and friends.

OK but not much info that couldn't get free on line. Also, the recipes do not tell what the yield is.

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