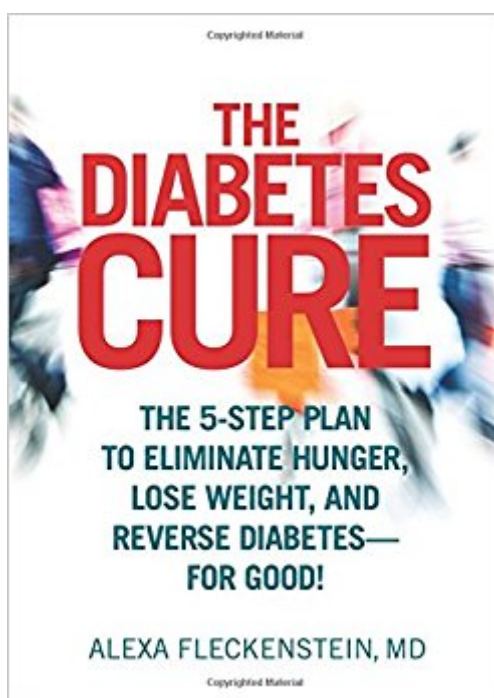


The book was found

The Diabetes Cure: The 5-Step Plan To Eliminate Hunger, Lose Weight, And Reverse Diabetes--for Good!



Synopsis

Many doctors tell their patients how to manage diabetes, but why should they simply manage it when they can be rid of it once and for all? In the *Diabetes Cure*, Alexa Fleckenstein presents a groundbreaking plan to do just that by targeting the real cause of diabetes: inflammation. The book instructs readers on how to use the five essentials of health to achieve a diabetes-free life. Through easy, quick exercises (how does 5 minutes a day sound?); tasty, anti-inflammatory recipes; and many other innovative tips, Dr. Fleckenstein lays out a clear, manageable plan to leave diabetes behind. And ending the struggle with blood sugar is just the start, as this 5-step plan also teaches readers how to shed 5, 10, or even 50 pounds along the way. Complete with success stories featuring people who followed the plan and not only lost weight (up to 50 pounds) but were also no longer diagnosed as diabetic, the *Diabetes Cure* teaches readers what's really causing their diabetes, shows them how to banish cravings once and for all, and provides the tools to help them take back control of their lives.

Book Information

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Customer Reviews

Alexa Fleckenstein, MD, is board certified in internal medicine and also holds a degree in natural medicine. She practiced integrative medicine in the Boston area for more than 30 years, using both conventional and natural treatments. Dr. Fleckenstein has been a featured health expert on radio and TV shows and has contributed to magazines such as *Body and Soul* and *Bottomline Health*. She is the author of *Healthy to 100* and *Health20*. She lives in Brookline, MA.

every diabetic need to read this

Very helpful for seniors

good book very insightful

First book I ever read that made sense and makes living with diabetes plausible

Got this in kindle version and am pleased. Very useful and informative publication which I'm glad to have purchased.

Still reading the book. It seems to make a lot of sense. Time will tell if it works for me. Thank You for the great deal!

Good and quick service.

Quality product!

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