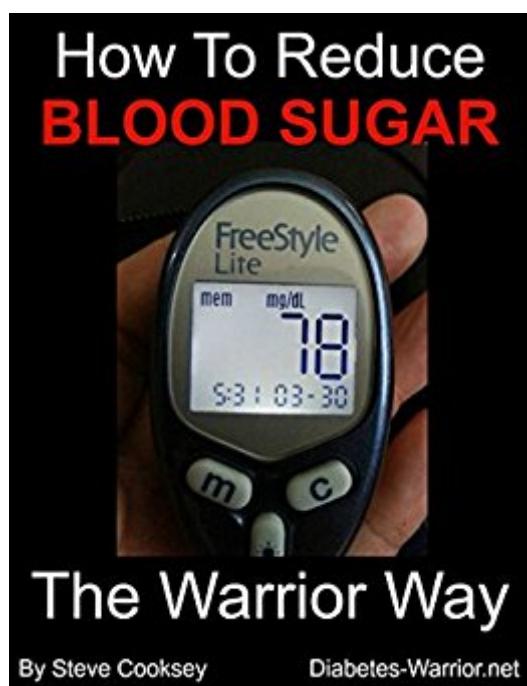


The book was found

# How To Reduce Blood Sugar: Reducing Blood Sugar Naturally



## **Synopsis**

A book showing diabetics how to reduce blood sugar levels with steps to take TODAY! There is a better way! Truly normal blood sugar ranges are discussed with studies supporting targets.

## **Book Information**

File Size: 1145 KB

Print Length: 42 pages

Publisher: Steve Cooksey; 2 edition (October 13, 2014)

Publication Date: October 13, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00OH0200M

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #124,544 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #60

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes #83 in Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Health, Fitness & Dieting #104 in Kindle Store > Kindle eBooks > Medical eBooks > Diseases

## **Customer Reviews**

Great information. It is a short, to the point book. For \$5 it is a slam dunk, get it. Too many times I buy health books and find that they spend too much time repeating what has already been said and could summarize everything in 20 pages. A negative review states that everything in the book can be found on his blog, which is true but how that is a negative is beyond me. The writer's blog documents his journey to solve type II diabetes and he spells out what he has done. Feel free to go to his blog, read 5 years of postings, take notes and spend 10+ hours doing it or spend the \$4.95. With that said, I do recommend going to his blog. Lots of great info and links. Clearly, the few dollars the writer makes goes to educating more people on how to fight diabetes. I have been a member for over 12 years and rarely write reviews but I thought this was worth it. You have to respect a guy who not only tells you how he does it but also test different approaches on himself before

recommending them. For full disclosure I am self treating my type II with many of the recommendations in his book.

I know from experience that what Steve Cooksey promotes in this book really works! You can eat simple, delicious foods and have normal blood sugars. If you are diabetic or prediabetic you need to read this book and apply these principles to live a life free from drugs and diabetic complications. I went from an A1c of 9 down to 5.4 in a very short time and aim to reduce it even more. My neuropathy has disappeared. I've lost weight and feel great. You owe it to yourself to do this for you and your loved ones.

This is a no nonsense guide to getting out of the high blood quagmire without reliance on drugs, healthcare providers or diet gurus. The book provides immediately actionable info on implementing a whole foods diet to heal the diabetic body. Carbs must be strictly controlled and measured. Blood sugar level measurement provides the necessary feedback to keep this effort on track. Steve makes it clear that he does not offer medical advice. He is a man who got his own diabetes under control his way. By following Steve's diet you will also reduce insulin resistance, lose weight and reduce a truckload of risk factors for development of dementia, organ damage and diabetic sequela such as neuropathy. This book does not mince words. It gets to the point and cites the experience of the author and references a number of well known bloggers and research studies in the blood sugar control realm. Implementing ideas in book will do good by you and by your health..

I feel like I've just been handed the rules and guidelines that I needed back when I was first diagnosed that could have turned my health around right then and there. Instead I was encouraged to follow the recommendations of the ADA - even when my blood sugar levels remained elevated. After a lot of searching and reading the testimonies of those brave warriors who took matters (and their health) into their own hands (especially Steve Cooksey) I realized that most of the medical professionals out there are clueless about what it really takes to combat this disease. How I wish I had this book way back when but what's important is that I have it now. After reading this book I feel empowered to change my health and encouraged knowing I have the tools to make it happen.

Thank you Steve!

Awesome BOOK!! I can not say enough good about this book and the authors general Health and wellness philosophy. Steve Cooksey gets some desperately needed vital information out about

controlling blood sugar and effectively applying real life drug free solutions. As a Health Coach that has used the same methods, successfully, to help my diabetic clients, i can vouch for Steve and his nutritional Philosophy.its value far exceeds its cost. in the short term and especially in the long term.a MUST for any type 2, and a HIGHLY RECOMMEND for anyone interested in general health and wellness as Blood sugar and insulin may be more important than even weight!

This is a man who shows by doing - not by being "educated" by big food and big pharma. I'm a Type 2 diabetic who now has totally normal blood glucose by following the simple plan outlined in this book. My A1c from January, 2015 is 4.3 - that is a totally normal A1c - TOTALLY. My cholesterol is now in perfect triangulation and my triglycerides are low enough my doc asked me how I did it. This is so simple, so easy and so worth doing. Whole fresh, non-starchy foods, plenty of good fat and tons of energy. This book is the best \$5 I've ever spent.

This book is great. I followed Steve's advice and turned my Blood Sugars around as well as lost weight while eating better. In 12 months I have lost over 50 pounds as well as reduced my Blood Sugar from 245 or higher down to pre-diabetic levels without using insulin! Even my doctor says "keep doing what your doing".Thanks Steve.

This is an excellent resource for reducing blood sugars and taking control of your health! You will be AMAZED how this information can change your life -- at a minimal cost. A must read for ALL!!

[Download to continue reading...](#)

How to Reduce Blood Sugar: Reducing Blood Sugar Naturally BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book 1) Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2) Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To

Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Lower Blood Sugar Guide: 7 Simple Steps On How to Reduce Your Blood Sugar Level For People With Diabetes (FREE Bonus Included) Type 2 Diabetes: Take Control Of Your Blood Sugar Level Naturally With 39 High Fiber, Healthy Carb Diabetes Recipes-Maintain Healthy Blood Sugar And ... Cookbook, Diabetes Diet Plan) (Volume 7) Type 2 Diabetes: Take Control Of Your Blood Sugar Level Naturally With 39 High Fiber, Healthy Carb Diabetes Recipes-Maintain Healthy Blood Sugar And Reverse ... Cookbook, Diabetes Diet Plan Book 6) Diabetes: Reverse Diabetes Naturally & Safely: The Simple & Effective Changes You Can Make In Order To Reduce Blood Sugar Levels & Cure Diabetes ... End Diabetes, Type 1 Diabetes, Insulin) Diabetes: Reverse type 2 diabetes, lower your blood sugar, and live a healthier life in 12 simple steps (Diabetes, Type 2 Diabetes, Blood Sugar, Sugar, Insulin, Fat, Diet, Unhealthy Diet, Book 5) Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High Bl) Blood Pressure: Blood Pressure Solution: The Step-By-Step Guide to Lowering High Blood Pressure the Natural Way in 30 Days! Natural Remedies to Reduce Hypertension Without Medication HIGH BLOOD PRESSURE: Blood Pressure Solution: The Step-By-Step Guide to Lowering High Blood Pressure the Natural Way, Natural Remedies to Reduce Hypertension Without Medication Dash Diet: Dash Diet for Vegetarians: 60 Healthy Vegetarian Recipes to reduce Blood Pressure Naturally (DASH Diet Cookbooks) Blood Pressure: High Blood Pressure, Its Causes, Symptoms & Treatments for a long, healthy life.: Plus 9 Free Books Inside. (Blood Pressure, High Blood ... Hypertension, Blood Pressure Solutions.) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)