



Life without Diabetes-Fact or Fiction?: A Total Body Makeover from the Inside Out

MICHELLE D' ANGEL

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Living with diabetes, losing weight, and lowering blood pressure or cholesterol is not easy. It takes time, knowledge, and the desire to change the way you think about your body and food. In *Life without Diabetes-Fact or Fiction?*, author Michelle D'Angel provides a firsthand account of how consuming a well-balanced diet can help combat many health issues.

Life without Diabetes-Fact or Fiction? provides you with the tools that will empower you to take control of your body and your health condition. You will learn how specific foods affect your body and how to determine which proportions of carbohydrates, fat, and protein make sense for you. This information will help you design your own meal plan and create your own goals and strategies to help you achieve a healthier lifestyle.

Based on the real-life experiences of a Type 2 diabetic, this guide demonstrates how one ordinary person was able to take control of his body and diabetes by knowing and understanding his condition, his body, and its functions. With tasty recipes, nutrition guides, comprehensive exercises, and sample menus included, *Life without Diabetes-Fact or Fiction?* helps keep your body healthy and your mind happy.

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Playing with family in a very park, coming to see the ocean world or hanging out with friends is thing that usually you may have done when you have spare time, subsequently why you don't try point that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Life without Diabetes-Fact or Fiction?: A Total Body Makeover from the Inside Out, you could enjoy both. It is excellent combination right, you still need to miss it? What kind of hang type is it? Oh can happen its mind hangout guys. What? Still don't obtain it, oh come on its called reading friends.

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like to open up a book and read it. Beside that the reserve Life without Diabetes-Fact or Fiction?: A Total Body Makeover from the Inside Out can to be your friend when you're experience alone and confuse with what must you're doing of the time.

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