



**Gáñele a la glucosa: Aprenda cómo controlar el
azúcar en sangre naturalmente para vencer
enfermedades, bajar de peso y mejorar su salud en
grande (Spanish Edition)**

Ann Fittante

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Gánele a la glucosa: Aprenda cómo controlar el azúcar en sangre naturalmente para vencer enfermedades, bajar de peso y mejorar su salud en grande (Spanish Edition)

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Dramatically improve your health by getting your blood sugar into balance in just 1 month-and keep it there for life!

Besides the millions of Americans with Type 2 diabetes or pre-diabetes, there are more suffering from a host of symptoms that are often difficult to diagnose but are actually caused by blood sugar imbalances: fatigue, forgetfulness, inability to lose weight, fading eyesight, insomnia, depression. Fortunately, it's easy to reverse these symptoms once you control your blood sugar with this book's 30-day plan for blood-sugar balancing-without drugs or injections.

Take control of your health and well-being and in the process lose weight, gain more energy, sharpen your memory, and protect yourself against life-threatening illnesses like heart disease, cancer, and diabetes. By eating The Sugar Solution way-mastering the glycemic index; learning what foods to combine; discovering the best herbs and supplements to take; engaging in regular, moderate walking and strength-training; and learning how to control stress-you will take back control of your blood sugar-and your health.

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