



## 60 Ways to Lower Your Blood Sugar: Simple Steps to Reduce the Carbs, Shed the Weight, and Feel Great Now!

By Dennis Pollock, Paul Saneman

Harvest House Publishers, U.S. Paperback. Book Condition: new. BRAND NEW, 60 Ways to Lower Your Blood Sugar: Simple Steps to Reduce the Carbs, Shed the Weight, and Feel Great Now!, Dennis Pollock, Paul Saneman, It's projected that in 50 years, one American in three will be diabetic. Many today are well on their way to becoming a sad statistic in the war on obesity, high blood sugar, and the related diseases - including diabetes - that can result from a diet that's seriously out of whack. In his previous bestselling book, "Overcoming Runaway Blood Sugar", Dennis Pollock shared his personal experience with this deadly epidemic - including his success at lowering his runaway blood sugar to acceptable levels. Now Dennis offers readers the next step in the battle: 60 practical ways to manage their blood sugar without resorting to a bland unsatisfying diet of turnips and tuna fish. In this step by step, change by change plan, readers will learn how to: reduce their intake of carbs; exercise more effectively; and, shed excess weight. It is a must-have book for readers serious about regaining their health while also lowering their weight and increasing their energy.



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