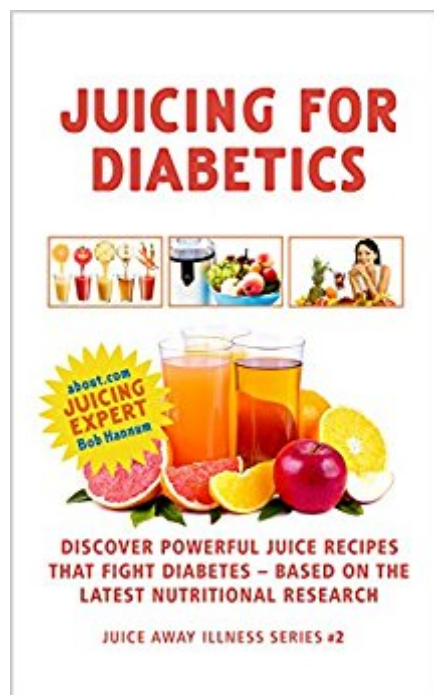


The book was found

Juicing For Diabetics: Discover Powerful Juice Recipes That Fight Diabetes Based On The Latest Nutritional Research (Juice Away Illness Book 2)



Synopsis

About.com's 'Juicing Expert' presents a healthy and natural way to fight diabetes with powerful and delicious juice recipes based on exciting new scientific discoveries. Diabetes is increasing at an alarming rate, and the cause is well understood - poor diet and obesity. But our understanding of how to treat diabetes is being turned upside down with new discoveries that certain fresh fruits and vegetables are extremely effective for stabilizing blood sugar levels - particularly in concentrated fresh juice form! But only fresh juice - not bottled. And here's where this book makes a vital new contribution by presenting effective recipes based on nutritional research. Thoroughly researched, easy to read, and briefly stated so that you can start taking action right away. The author is careful to give you links to the most up-to-date research for further reading. Discover the healing power of fresh juiced fruits and vegetables with certain herbs and spices, but without any harmful side effects. These delicious juice recipes have no added sweeteners - no added anything - just natural fresh food. You'll learn:- What causes diabetes- What are the symptoms - What foods to avoid- What foods fight diabetes based on new and exciting research- Easy to make and powerful diabetes-fighting juice recipes- Inspirational juicing success story from one of our diabetic readers - Simple tips for making your juice experience easy and inexpensive- About the author Start your journey to better health right now!

Book Information

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Customer Reviews

I found this book very disappointing. It is very short. In fact I read it in less than 10 minutes. There is a 2 page intro where the author gives his thoughts on diabetes. Then there are 3 short paragraphs describing the two types of diabetes and another short page with a list of symptoms. The next heading is prevention with three sentences, and a few pages about the best food for diabetes (which lists 15 items including spices). Then finally you get to the juice recipes and there are a total of 9 recipes (each recipe only lists between 2-4 vegetables and/or fruit). And finally one success story in three short paragraphs. Also there are a few paragraphs on (1) juicing tips, (2) about the author, and (3) at the beginning of the book a list of other juice books you can buy. That's it! This was only \$2.99 (thank goodness) but you can go to the American Diabetes website and find much more detailed info about food for diabetes and Joe Cross' reboot website which tells you everything you need to know about juicing, and both are free. Like I said very disappointed. I feel like I purchased the cliff notes of a book.

I was especially interested in reading about anything regarding juicing and diabetes since my husband has developed type 2 diabetes. This succinct, well researched and highly informative book has given me much to think about and lots to try for his condition. I am an avid juicer, and now thanks to this author my husband is finally on board! Thank you so much for all the information, and great recipes that incorporate veggies and fruits to fend off the debilitating affects of diabetes!

Excellent book. I just wish it would have more recipies. The recipients are very limited. There is not much to choose from

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