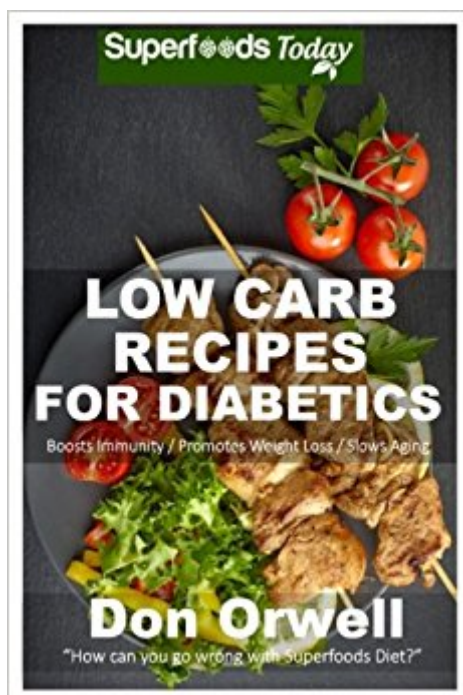


The book was found

Low Carb Recipes For Diabetics: Over 150+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & ... Weight Loss Transformation) (Volume 100)



Synopsis

How Can You Go Wrong With Superfoods-Only Diet? FACT:Way too many of us live in a state of poor health, lethargy and moderate obesity. We live with headaches, back pain, inflammation, arthritis, high blood pressure, high cholesterol, diabetes, skin problems, insomnia and cancer â “ theyâ™re all the byproducts of modern western diet, based on processed food. Superfoods are foods and the medicine and they can help with all these symptoms!! Low Carb Recipes For Diabetics contains over 150 Superfoods Diabetics recipes for Diabetes Type 2, created with 100% Diabetic Superfoods ingredients. This book contains recipes for: â ¢ Soups â ¢ Salads â ¢ Grilled meats â ¢ Crockpot recipes â ¢ Casseroles â ¢ Stews â ¢ Stir fries Most of the meals can be prepared in just 10-15 minutes. Each recipe combines Diabetic Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. â œOur Food Should Be Our Medicine And Our Medicine Should Be Our Food.â • - Hippocrates 460 - 370 BC The best thing about Superfoods Diabetic Lifestyle is that it will keep your appetite and cravings under control and it will balance your hormones. It's nearly impossible to lose fat if your hormones are out of balance. Superfoods Diabetic Lifestyle works because itâ™s return to the type of food your body naturally craves and was designed for. Whole foods Superfoods is the food humans consumed for literally millions of years. Superfoods are nutritionally dense foods that are widely available and which offer tremendous dietary and healing potential. Superfoods diet forbids processed foods, hybridized foods, gluten foods and high glycemic foods. There is nothing super in any of the processed foods or todayâ™s hybridized wheat, corn, soy or potatoes. Processed food is the main reason why people suffer from inflammations and why their hormones are out of balance. Superfoods Diet is the only diet that doesnâ™t restrict any major type of food. If features: â ¢ Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado â ¢ Proteins: Salmon, Beans, Organic Chicken, Grass-Fed Beef, Pork Tenderloin â ¢ Non-gluten Carbs: Fruits, Vegetables â ¢ Antioxidants: Garlic, Ginger, Turmeric, Cacao, Cinnamon, Berries Superfoods are basically nutrients packed foods especially beneficial for health and well-being. After eating these superior sources of anti-oxidants and essential nutrients for only a week or two you will: â ¢ Start losing weight and boost energy â ¢ Get rid of sugar or junk food cravings â ¢ Lower your blood sugar and stabilize your insulin level â ¢ Detox your body from years of eating processed foods â ¢ Lower your blood pressure and your cholesterol â ¢ Fix your hormone imbalance and boost immunity â ¢ Increase your stamina and libido â ¢ Get rid of inflammations in your body Would You Like To Know More? Download and start getting healthier today. Scroll to the top of the page and select the buy button.

Book Information

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Customer Reviews

I'm quite the low carb advocate myself. My young cousin is almost diabetic and I figured I should educate myself about this topic. The ketogenic diet has been proven very successful for treating this disease quite effectively. The book has so many delicious recipes that I haven't had the chance to go through all of them. There's definitely so many meals that they can last for at least a year.

Wonderfully written, informative, and easy to read. Great for the beginner or the seasoned "low carb" follower for enforcing the basic points. Recipes are easy and on target for this way of eating. They support the fact that you do not have to "suffer" when following a low carb lifestyle. I would, however, liked to have seen some better support for the benefits on the health department, such as how this way of eating is key to managing diabetes, as well as helpful in reversing fatty liver disease and other health issues. All in all, I highly recommend this book to all interested in Low Carb, be they beginners or advanced followers.

An excellent book which you will not regret obtaining especially if you are trying to make changes in your diet that promote eating healthier meals and less junk food so that you can be a healthier you. Put together in an easy to read format. The recipes sound great and one doesn't need to purchase expensive items in the store to prepare them like some healthy recipes require you to. This book was exactly what I was looking for to add additional support to my recent decision to start making

more of an effort to eat healthier and prepare healthier meals at home, and to stop purchasing so many prepared meals.

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