



# 60 Ways to Lower Your Blood Sugar

*Dennis Pollock*

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## **60 Ways to Lower Your Blood Sugar** Dennis Pollock

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. A must-have book for readers serious about regaining their health while also lowering their weight and increasing their energy.

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### **From reader reviews:**

#### **Rafael Arent:**

A lot of people always spent their particular free time to vacation or even go to the outside with them friends and family or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. In order to try to find a new activity that's look different you can read the book. It is really fun for you. If you enjoy the book you read you can spent all day every day to reading a reserve. The book 60 Ways to Lower Your Blood Sugar it doesn't matter what good to read. There are a lot of people who recommended this book. These were enjoying reading this book. When you did not have enough space to bring this book you can buy the e-book. You can m0ore easily to read this book from a smart phone. The price is not very costly but this book possesses high quality.

#### **Janna Lefevre:**

Playing with family inside a park, coming to see the marine world or hanging out with close friends is thing that usually you may have done when you have spare time, and then why you don't try point that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love 60 Ways to Lower Your Blood Sugar, you can enjoy both. It is great combination right, you still want to miss it? What kind of hangout type is it? Oh come on its mind hangout people. What? Still don't understand it, oh come on its identified as reading friends.

#### **Violet Jarrell:**

Many people spending their time by playing outside using friends, fun activity using family or just watching TV all day long. You can have new activity to pay your whole day by looking at a book. Ugh, ya think reading a book can definitely hard because you have to bring the book everywhere? It alright you can have the e-book, getting everywhere you want in your Smartphone. Like 60 Ways to Lower Your Blood Sugar which is obtaining the e-book version. So , try out this book? Let's observe.

#### **Donald Thomas:**

As a student exactly feel bored in order to reading. If their teacher questioned them to go to the library or even make summary for some reserve, they are complained. Just small students that has reading's spirit or real their leisure activity. They just do what the professor want, like asked to go to the library. They go to right now there but nothing reading critically. Any students feel that studying is not important, boring as well as can't see colorful images on there. Yeah, it is for being complicated. Book is very important to suit your needs. As we know that on this period, many ways to get whatever we would like. Likewise word says, many ways to reach Chinese's country. So , this 60 Ways to Lower Your Blood Sugar can make you really feel more interested to read.

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