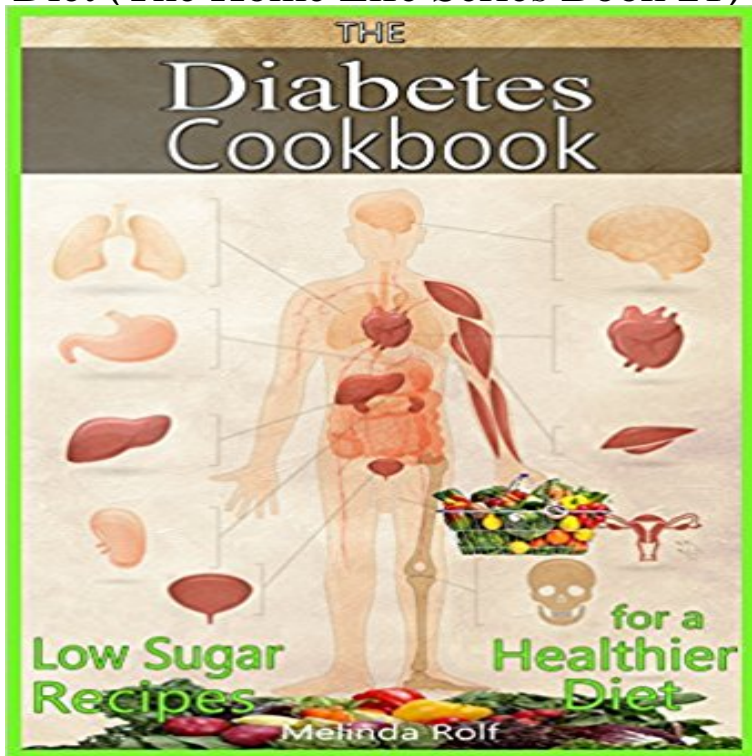


THE DIABETIC COOKBOOK: A Beginners Guide to a Diabetic Diet for Health & Weight Loss: Includes Low Sugar Recipes for a Healthier Diet (The Home Life Series Book 21)



The bad news is: Diabetes is a serious disease. According to a 2014 survey by the International Diabetes Federation (IDF), 387 million individuals are afflicted with this disease. This translates to 8.3% of adults on earth! Whats worse, it is estimated that around 50 million individuals are predisposed to acquiring diabetes. This is partly due to genetics and partly due to lifestyle choices. The good news is: With proper medication, good food and adequate exercise, individuals suffering from diabetes can live just as long as any healthy adult. Those who are merely predisposed to diabetes need only worry about good food and adequate exercise. You dont even need sugar or artificial sweeteners. You can use the natural sweetening properties of fruits and veggies. Also, later on we will discuss a healthier and sweeter substitute. This eBook will focus more on the food aspect. To be more specific, it will provide you with a general outlook on how to eat, what to eat, what not to eat, and specific recipes that can help you. So get your copy today to see how a diabetic/low sugar diet can benefit you

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