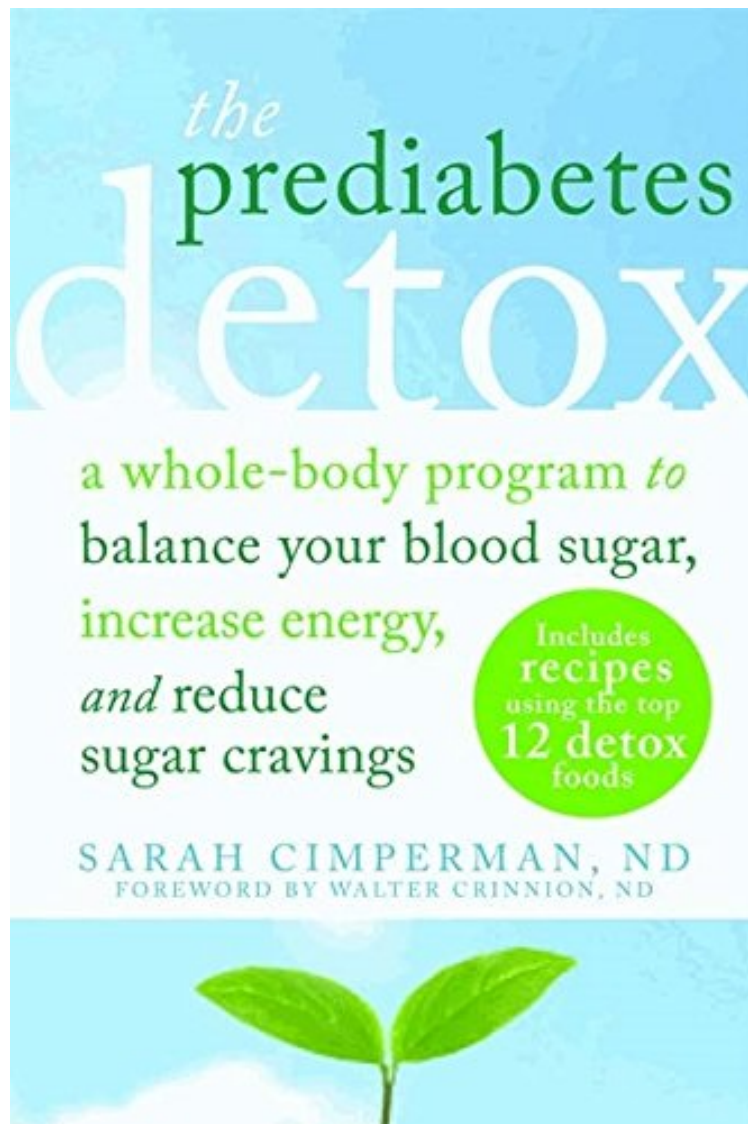


[Free download] The Prediabetes Detox: A Whole-Body Program to Balance Your Blood Sugar, Increase Energy, and Reduce Sugar Cravings

The Prediabetes Detox: A Whole-Body Program to Balance Your Blood Sugar, Increase Energy, and Reduce Sugar Cravings

Sarah Cimperman ND
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Sarah Cimperman ND : The Prediabetes Detox: A Whole-Body Program to Balance Your Blood Sugar, Increase Energy, and Reduce Sugar Cravings before purchasing it in order to gage whether or not it would be worth my time, and all praised The Prediabetes Detox: A Whole-Body Program to Balance Your Blood Sugar, Increase Energy, and Reduce Sugar Cravings:

4 of 4 people found the following review helpful. breaks-down science behind eating and feeling healthyBy APRIL R TUBBS
The Prediabetes Detox breaks-down the science behind how what we consume impacts our overall health. Dr Cimperman explains how components of our diets and lifestyles impact our well-being from spices, to condiments, to snacks, to main dishes, to vitamins, to household toxins, to exercise and stress management. I am not prediabetic but have a sensitive stomach and am generally trying to make healthy choices, but was finding it difficult since I often read conflicting information on what we should eat. This book helped clear-up my confusion, now I use it as a reference guide and have adopted bits and pieces into my daily routine. There are recipes at the end of the book that sound delicious and Dr. Cimperman includes an explanation on the health benefits of both the ingredients and cooking approach. Again, making it easy to incorporate into my daily life and finally understanding how to choose between dishes when I go to restaurants. I recommend the book to anyone who wants to understand how food impacts their overall health.
1 of 1 people found the following review helpful. well worth the readBy steven jacobsgood information. I am not diabetic , but I believe this detox would go a long way towards lessening/reversing type 2 diabetes symptoms. The diet is fairly strict. But if you want results you have to make the commitment to lifestyle change.
1 of 1 people found the following review helpful. Terrific AdviceBy A recent customerDr. Cimperman gives a very informative and clear overview of steps you can take to lower your blood sugar and detox. The dietary and lifestyle changes take some discipline, but the naturopathic approach feels much better to me. Wonderful recipes at the end, so I am waiting for her cookbook!

If youve been diagnosed with prediabetes, you are by no means alone. 79 million Americans share this diagnosis, and the numbers only seem to be rising. And while weve all heard that a healthy diet and exercise can help reverse this disorder, there may be other factors at play in your prediabetesnamely, toxins. Numerous studies have shown that there is a direct link between toxins in our food and type 2 diabetes. In *The Prediabetes Detox*, primary care physician and naturopathic doctor Sarah Cimperman will show you how to reverse prediabetes by eliminating unwanted toxins from your diet and home. You will learn to balance your blood sugar levels, increase your energy, and end your unhealthy cravings once and for all using a safe, effective at-home cleansing program that is both practical and manageable. By disrupting hormones, altering cells in the pancreas, and interfering with energy production, toxins can cause insulin resistance, fat accumulation, and high blood sugar associated with pre-diabetes. Using the detox regimen and recipes outlined in this book, you will start feeling healthier, have more energy, and stay firmly on the path to conquering this ubiquitous disease.

A fascinating book by Sarah Cimperman! Diabetes is certainly an epidemic of mass proportions that hasn't been properly prevented. She provides sound evidence to support why detoxing and using nutritional supplements can help ward off harmful complications of diabetes. Her book guides you through easy-to-follow steps to improved health. Jessica Black, ND, best-selling author of *The Anti-Inflammation Diet and Recipe Book*