

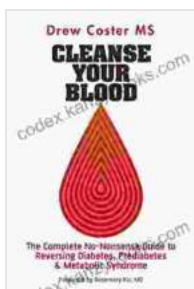
# The Complete No Nonsense Guide To Reversing Diabetes Prediabetes Metabolic

Diabetes is a chronic disease that affects how your body turns food into energy. With diabetes, your body either doesn't make enough insulin or doesn't use insulin well. Glucose, a type of sugar, builds up in your blood instead of being used for energy.

There are two main types of diabetes:

- **Type 1 diabetes** is an autoimmune disease in which your body attacks and destroys the cells in your pancreas that make insulin. This type of diabetes usually develops in children and young adults.
- **Type 2 diabetes** is the most common type of diabetes. It usually develops in adults over the age of 35. With type 2 diabetes, your body doesn't make enough insulin or doesn't use insulin well.

The symptoms of diabetes can vary depending on the type of diabetes you have. Some common symptoms of diabetes include:



## Cleanse Your Blood: The Complete No-Nonsense Guide to Reversing Diabetes, Prediabetes & Metabolic

**Syndrome** by Don Miller

★★★★★ 5 out of 5

Language : English  
File size : 13880 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 321 pages



- Increased thirst
- Frequent urination
- Increased hunger
- Weight loss
- Fatigue
- Blurred vision
- Slow-healing sores
- Frequent infections
- Numbness or tingling in your hands or feet

There are a number of risk factors for diabetes, including:

- Obesity
- Physical inactivity
- Family history of diabetes
- Age (over 35)
- Race/ethnicity (African Americans, Hispanic Americans, Native Americans, and Asian Americans are at an increased risk of developing diabetes)

- Certain medical conditions, such as gestational diabetes or polycystic ovary syndrome

Diabetes is diagnosed with a blood test that measures your blood sugar levels. A fasting blood sugar level of 126 mg/dL or higher on two separate tests indicates diabetes.

There is no cure for diabetes, but it can be managed with a healthy lifestyle and medication. Treatment for diabetes includes:

- Eating a healthy diet
- Getting regular exercise
- Taking medication, if needed

Type 1 diabetes cannot be reversed, but type 2 diabetes can be reversed or put into remission. Remission means that your blood sugar levels are normal without medication. To reverse type 2 diabetes, you need to make significant lifestyle changes, such as:

- Losing weight
- Eating a healthy diet
- Getting regular exercise
- Taking medication, if needed

The Complete No Nonsense Guide To Reversing Diabetes Prediabetes Metabolic is a comprehensive guide to help you reverse diabetes and prediabetes. It provides you with all the information you need to know about diabetes, including the causes, symptoms, and treatment options.

This book will teach you how to:

- Make healthy lifestyle changes
- Eat a healthy diet
- Get regular exercise
- Take medication, if needed
- Manage your diabetes and prevent complications

If you are diagnosed with diabetes or prediabetes, The Complete No Nonsense Guide To Reversing Diabetes Prediabetes Metabolic is the book for you. It will provide you with all the information you need to know to reverse your condition and live a healthy life.



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