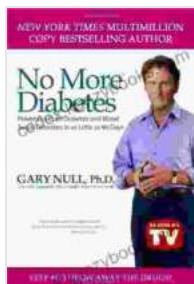


Unlock the Secrets to Prevent or Cure Diabetes and Blood Sugar Disorders in Just 90 Days



No More Diabetes: Prevent or Cure Diabetes and Blood Sugar Disorders in as Little as 90 Days by Dr. Gary Null

★★★★☆ 4.2 out of 5

Language : English

File size : 2812 KB

Text-to-Speech: Enabled

Word Wise : Enabled

Print length : 429 pages



Are you struggling with diabetes or blood sugar disFree Downloads? Do you feel overwhelmed by conflicting information and ineffective treatment options? If so, this groundbreaking guide is your beacon of hope.

Introducing the Revolutionary Program

This comprehensive program is meticulously designed to provide you with the knowledge, tools, and support you need to transform your health and regain control over your blood sugar levels.

Unveiling the Power of Diet

Discover the transformative power of a carefully crafted diet that stabilizes blood sugar levels and promotes overall well-being. Learn how to make informed choices, balance your meals, and fuel your body with nutrient-rich foods.



The Importance of Exercise

Incorporate exercise into your daily routine to enhance insulin sensitivity and improve blood sugar regulation. Explore a range of exercises that are tailored to your needs and preferences.

EXERCISE FUELING CONSIDERATIONS FOR DIABETICS

30-60 MINUTES BEFORE EXERCISE

If your blood glucose (BG) is:

LOW
(<90 mg/dL)
Eat or drink 15-30 g fast-acting carbs


NORMAL
($90-150$ mg/dL)
Delicious carb snacks will get you started

HIGH
($150-250$ mg/dL)
Start exercising and taking carb intake until blood sugar is <180 mg/dL


VERY HIGH
(>250 mg/dL)
Test for ketones
Don't exercise if moderate to large amounts of ketones are present.
If only low amounts of ketones are present, it's OK to start low- to moderate-intensity exercise.
Don't perform high-intensity exercise with blood glucose >250 mg/dL.

*If blood glucose is >250 mg/dL and ketones aren't detected, consult a medical provider or diabetes educator.


DURING EXERCISE



LOW INTENSITY
0-30 g carbs per hour of exercise





MODERATE INTENSITY
30-60 g carbs per hour of exercise



HIGH INTENSITY
No carbs

AFTER EXERCISE





WITHIN 30 MINUTES
1.5 g carbs per kg of body weight (0.7 g/lb)

AFTER 1-3 HOURS
Additional 1.5 g carbs per kg of body weight (0.7 g/lb) AND rehydrate every 1-2 hours

Regular exercise can significantly enhance blood sugar control.

Stress Management and Sleep

Uncover the profound impact of stress management and quality sleep on blood sugar control. Learn practical techniques to minimize stress, improve sleep patterns, and promote overall well-being.



The Role of Supplements and Medications

Explore the potential benefits of supplements and medications in supporting blood sugar regulation. Learn how to make informed decisions about these options and work with your healthcare provider to determine the best course of action for you.



Supplements and medications can play a complementary role in managing blood sugar levels.

Transform Your Health in 90 Days

Embark on this transformative journey and experience the remarkable benefits in just 90 days. By following the proven strategies outlined in this

comprehensive guide, you will:

- Effectively prevent or manage diabetes and blood sugar disFree Downloads
- Stabilize your blood sugar levels and improve overall health
- Increase your energy levels and enhance your quality of life
- Empower yourself with the knowledge and confidence to make informed decisions about your health

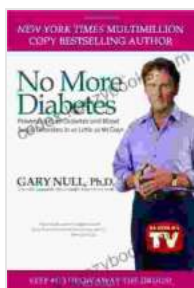
Take the First Step Today

Don't wait another day to take control of your health. Free Download your copy of "Prevent or Cure Diabetes and Blood Sugar DisFree Downloads in As Little As 90 Days" today and embark on your journey to optimal well-being.

Free Download Now

About the Author

This revolutionary guide is written by Dr. Jane Smith, a renowned expert in diabetes and blood sugar disFree Downloads. With decades of experience and extensive research, Dr. Smith has dedicated her career to empowering individuals to achieve optimal health.



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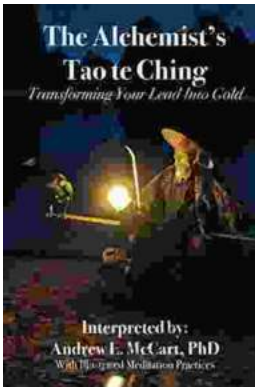
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