



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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If you've 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 we've all heard that a healthy diet and exercise can help reverse this disorder, there may be other factors at play in your prediabetes—namely, 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.

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The book untitled The Prediabetes Detox: A Whole-Body Program to Balance Your Blood Sugar, Increase Energy, and Reduce Sugar Cravings contain a lot of information on the idea. The writer explains your girlfriend idea with easy means. The language is very straightforward all the people, so do definitely not worry, you can easy to read the item. The book was authored by famous author. The author will take you in the new time of literary works. You can read this book because you can read on your smart phone, or gadget, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can open their official web-site as well as order it. Have a nice examine.

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