



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 Prediabetes Detox: A Whole-Body Program to Balance Your Blood Sugar, Increase Energy, and Reduce Sugar Cravings can be one of your beginner books that are good idea. Most of us recommend that straight away because this guide has good vocabulary that can increase your knowledge in terminology, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort that will put every word into delight arrangement in writing The Prediabetes Detox: A Whole-Body Program to Balance Your Blood Sugar, Increase Energy, and Reduce Sugar Cravings but doesn't forget the main place, giving the reader the hottest and based confirm resource facts that maybe you can be among it. This great information may draw you into new stage of crucial considering.

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