

## Say No To Diabetes 10 Secrets To Preventing And Reversing Diabetes By Patrick Holford Published December 2011

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He outlines the causes of the current diabetes 'epidemic' and explains the 10 secrets for preventing and reversing diabetes and metabolic syndrome. Comprehensive yet doable, SAY NO TO DIABETES provides an anti-diabetes diet, recipes, a daily supplement programme and advice on how to undo the damage caused by diabetes and diabetes drugs.

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sugar level goes high the more insulin you make to dump the excess blood sugar into storage as fat. If you are doing this day in, day out the body becomes insensitive to insulin

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Patrick Holford has used this program to help many clients reverse diabetes, lose weight and change their health.

~~Say No to Diabetes - Diet Review~~

Diabetes can occur when the pancreas produces very little or no insulin, or when the body does not respond appropriately to insulin. As yet, there is no cure. People with diabetes need to manage ...

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