



The Diabetic Cookbook: 365 Days of Diabetic Friendly Easy to Cook Recipes.

K.M. KASSI

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Diabetes mellitus, or simply diabetes is a lifelong condition with chronic symptoms that affects the body's ability to process nutrients in food. This is due to insulin imbalance in the bloodstream. Type I diabetics do not produce enough insulin hormone, which causes cells to ignore/reject nutrients from food. This causes the person to lose weight due to malnutrition. Type II diabetics produce too much insulin, which causes cells to go on hyper drive, demanding more nutrients without properly processing these out of the body. This causes the person to gain a lot of weight.

Other types of diabetes (e.g. gestational, geriatric, pregnancy-related, etc.) switch irregularly from insulin resistance to insulin sensitivity. This leads to: permanent/irreversible damage to the eyes, heart, kidneys and the nervous system. People with diabetes have higher risks of blindness, cardiovascular ailments, kidney diseases, nerve damage, and stroke.

Fortunately, some symptoms can be managed by making minor adjustments in one's diet.

This book contains tips on how to control insulin sensitivity without the need for food supplements, medications or invasive surgeries. This can be achieved by preparing meals lightly, eating whole foods (unprocessed,) and keeping meals simple. Of course, it helps greatly to create sugar-free/unsweetened meals or choose dishes low in simple carbohydrates to prevent insulin imbalance.

This book contains recipes that should easily tide you over for the next 365 days.

Take action today and download this book for a limited time discount of only \$2.99!

Tags: Diabetes, Diabetic Cookbook, Diabetic Recipes, Special Diet, Diabetic and Sugar- Free, Cookbooks, Food and Wine

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