



Diabetes Secrets: Natural Ways to Beat It!

The Editors of Bottom Line Health

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It's not news anymore – diabetes is epidemic in America. A whopping 35% of American adults now have prediabetes. Nearly one-third of them will go on to develop full-blown diabetes, with all its attendant risks for heart disease, stroke, kidney failure, nerve damage, dementia, blindness, amputation...even death. But this doesn't have to be you!

Whether you have prediabetes, or full-blown type 2, you can get your blood sugar – and your overall health – under control...naturally. **DIABETES SECRETS: NATURAL WAYS TO BEAT IT!** will show you...

- * Four bites a day of this tasty snack cuts your risk for diabetes by 24%.
- * Three non-drug remedies proven to fight diabetes and prediabetes – one of them is already in your pantry...one is in your refrigerator.
- * Two foods to give up right away (not sugar!).
- * Dangerous diabetes-drug side effects that can land you in the hospital (or worse).
- * Certain statins are linked to diabetes – is yours?
- * The three big mistakes you're probably making that worsen diabetes.
- * At least 90% of people with diabetes are deficient in this mineral.
- * How to avoid diabetes even if it is in your genes.
- * Vital time to test your blood sugar – yet most doctors don't tell their patients.
- * Beware: You can get a clean bill of health but still be at high risk for diabetes.
- * And much, much more!

The Editors of Bottom Line Health have brought together the best diabetes researchers and specialists, including the country's top natural health practitioners, to create this unique volume. Don't assume that diabetes is an inevitable part of your future...and don't assume that you have to take drugs to protect yourself. Use the natural, life-saving methods in **DIABETES SECRETS: NATURAL WAYS TO BEAT IT!** to take control of your health, and your life.

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Elvia Wirtz:

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