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In SAY NO TO DIABETES, nutrition expert Patrick Holford presents a complete action plan for sufferers of Diabetes type 1, Diabetes type 2 and the forerunner of Diabetes 2, Metabolic Syndrome, with motivating case histories and supported by the latest scientific findings.

**Say No To Diabetes:
10 Secrets to**

Page 9/27

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Say No to Diabetes is a
book written by Patrick
Holford that offers 10
secrets to preventing
and reversing diabetes.
Holford is one of the
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mental and nutritional health. He has written 30 health books and is the founder of the Institute for Optimum Nutrition.

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blood 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 so you get more blood sugar spikes and then troughs as the excess is dumped in the liver and turned

WAYS TO PREVENT OR REVERSE DIABETES

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So here it is: 10 Things Not to Ask of or Say To, About, or Around a Person with Diabetes.

10. "Gross." Listen, I know. No one hates the invasive nature of diabetes more than people with diabetes themselves. The poking, the bleeding, the alcohol-swabbing, the insertion of metal objects into subcutaneous tissue.

10 Things Not to Say

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“People say, ‘If you didn’t eat so much sugar, you wouldn’t have diabetes,’ or ‘Controlling your diet and exercise will cure your diabetes,’ alongside other common myths about diabetes.

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What to Say When Someone Has Diabetes (And What NOT to Say)

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'epidemic' and explains the 10 secrets for preventing and reversing diabetes and metabolic syndrome.

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Researchers say BMI may be a higher risk factor for type 2 diabetes than genetics. Managing your weight may prevent type 2 diabetes, delay onset,

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or even reverse it in some cases, according to new ...

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September 10, 2020.

LA JOLLA—The diabetes drug metformin—derived from a lilac plant that's been used medicinally for more than a thousand years—has been prescribed to hundreds of millions of people worldwide as the frontline treatment for type 2 diabetes.

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