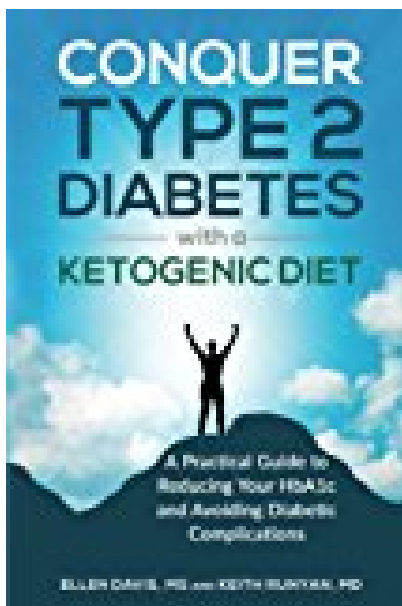


Conquer Type 2 Diabetes with a Ketogenic Diet A Practical Guide for Reducing Your HBA1c and Avoiding Diabetic Complications



BOOK DETAILS

- Author : Ellen Davis MS
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BOOK SYNOPSIS

Did you know that the ADA recommends a diet which makes long term diabetic complications more likely? The diet the American Diabetes Association recommends calls for 45-60 carbs per meal. As a result of that carb load, blood sugar spikes, insulin is administered, and blood sugar crashes. We call this the blood sugar roller coaster. The logical solution is to get off the blood sugar roller coaster completely. Following a low carb, high fat ketogenic diet stops this blood sugar spike/crash cycle, helps you reduce or even eliminate medications such as metformin, greatly reduce insulin needs, and avoid long-term diabetic complications.

CONQUER TYPE 2 DIABETES WITH A KETOGENIC DIET A PRACTICAL GUIDE FOR REDUCING YOUR HBA1C AND AVOIDING DIABETIC

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