



Lower Your Blood Sugar: The 30 Minute Guide for People with Diabetes, Prediabetes, and Insulin Resistance (Blood Sugar 101 Short Reads)

Jenny Ruhl

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Designed to be read in 30 minutes, this Blood Sugar 101 Short Read presents the essential facts you need to know to lower your blood sugar to a level that will restore you to normal health. The method presented in this book has been used by thousands of people in the online diabetes community. It works. Best of all, it lets you craft a diet tailored to your own unique needs, made up of foods you enjoy eating, that does not require you to starve yourself, go to extremes, or give up whole categories of food.

This short read presents the essential facts and blood sugar-lowering strategy that are documented and discussed at much greater length in Jenny Ruhl's full-length book, Blood Sugar 101. If you have the full-length book, there is no need to download this version, unless you wish to lend it to friends.

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