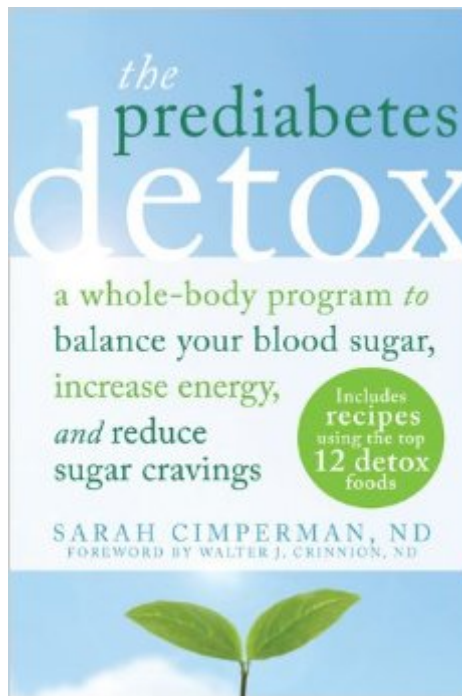


The book was found

# The Prediabetes Detox: A Whole-Body Program To Balance Your Blood Sugar, Increase Energy, And Reduce Sugar Cravings



## Synopsis

If you've been diagnosed with prediabetes, you are by no means alone. 79 million Americans share this diagnosis, and the numbers only seem to be rising. And while we've all heard that a healthy diet and exercise can help reverse this disorder, there may be other factors at play in your prediabetes—namely, toxins. Numerous studies have shown that there is a direct link between toxins in our food and type 2 diabetes. In *The Prediabetes Detox*, primary care physician and naturopathic doctor Sarah Cimperman will show you how to reverse prediabetes by eliminating unwanted toxins from your diet and home. You will learn to balance your blood sugar levels, increase your energy, and end your unhealthy cravings once and for all using a safe, effective at-home cleansing program that is both practical and manageable. By disrupting hormones, altering cells in the pancreas, and interfering with energy production, toxins can cause insulin resistance, fat accumulation, and high blood sugar associated with pre-diabetes. Using the detox regimen and recipes outlined in this book, you will start feeling healthier, have more energy, and stay firmly on the path to conquering this ubiquitous disease.

## Book Information

Paperback: 232 pages

Publisher: New Harbinger Publications; 1 edition (November 1, 2013)

Language: English

ISBN-10: 1608828123

ISBN-13: 978-1608828128

Product Dimensions: 0.8 x 6 x 8.8 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (30 customer reviews)

Best Sellers Rank: #394,909 in Books (See Top 100 in Books) [#177 in Books > Medical Books > Allied Health Professions > Diet Therapy](#) [#352 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#) [#475 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses](#)

## Customer Reviews

The Diabetes Detox is a hard book to review. With the nature, origin, and cure for Type 2 diabetes unknown, it feels like all attempts to address the issue can only be speculative at best. The hard part as a consumer is to try to determine the quackery from the legitimate. Fad diets, supplements, hypnosis, antioxidants.... we're constantly bombarded with different 'solutions' to the diabetes

problem. After all, it's now even being suggested that vitamin supplements may be more harmful than useful - so even tried and true solutions may be deadly. I am likely in the prediabetes parameters and certainly need to change my regimen to get out of a downward spiral like so many Americans. Obviously, exercise and better eating are an intrinsic part of keeping diabetes under check. In this book, Sarah Cimperman makes a case that the toxins that we constantly breathe and ingest are a contributor in addition to weight issues. This book addresses known toxins - everything from processed food, non organic fruits and vegetables (and their pesticides), nonstick cookware and plastics, etc. - identifying them so they can be avoided. The book really breaks down into key areas: reduce intake of harmful chemicals in food and water. Get rid of the toxins stored in the body. Burn rather than accumulate fat. Control blood sugar and insulin levels. They involve changing diet and lifestyle, as outlined in the book. The book sections are: Discussion of prediabetes. Detoxification. A detox diet. Detox supplements. Detox lifestyle. Detoxification for the home. Maintenance plan after detoxification. And then 10 or so detox recipes. This is written by an ND (naturopathic medicine) and as such the focus is on holistic solutions to encourage the body to heal itself.

[Download to continue reading...](#)

The Prediabetes Detox: A Whole-Body Program to Balance Your Blood Sugar, Increase Energy, and Reduce Sugar Cravings  
Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included  
Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse)  
Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss, detox smoothie recipes, sugar detox, detox cleanse juice, detox ... - detox smoothie recipes Book 260) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan)

(Volume 1) Blood Sugar: Everything You Need to Know About How to Easily and Safely Manage Your Blood Sugar 2nd Edition (Sugar Addiction, Flat Belly, Diabetes Cure, ... Detox, Type 2 Diabetes, Body Cleansing) Sugar Gliders: The New Owner's Guide to Sugar Glider Care (Sugar Glider, Sugar Glider Care, Sugar Glider Books, Sugar Glider Facts, Pet Sugar Glider Book 1) Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) Lower Your Blood Sugar: The 30 Minute Guide for People with Diabetes, Prediabetes, and Insulin Resistance (Blood Sugar 101 Short Reads) DIABETES: The Worst 20 Foods For Diabetes To Eat And the Best 20 Diabetic Food List, Meals And Diabetes Menus To Lower Your Blood Sugar (HOT FREE BONUS ... Diet,smart blood sugar,sugar detox) Diabetes: Type 2 Diabetes: 30 Natural Methods for Preventing & Reversing Diabetes. Your Guide to: Lower Blood Sugar. (Reversing Diabetes, Hyperglycemia, High Blood Sugar, Sugar Detox) Diabetes: Diabetes Diet: The Top 100 Diabetic Foods to Eat for a Highly Effective Diabetes Diet and 15 Diabetic Recipes to Lower Blood Sugar: Diabetes ... Diet,smart blood sugar,sugar detox Book 4) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) Lower Your Blood Sugar For Diabetes: An Essential Treatment Guide For Diabetes(Beginners Guide to Reverse Type 2 Diabetes,insulin Resistance,Inflammation) ... blood sugar diet,the blood sugar solution,) The Whole-Body Approach to Osteoporosis: How to Improve Bone Strength and Reduce Your Fracture Risk (The New Harbinger Whole-Body Healing Series)

[Dmca](#)