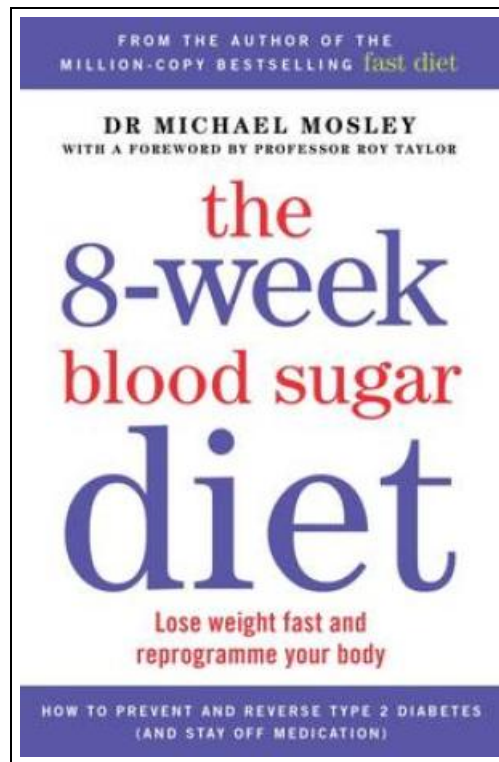


## The 8-Week Blood Sugar Diet: Lose Weight Fast and Reprogramme Your Body for Life



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*If you need to adding benefit, a must buy book. It really is rally interesting throgh reading through period. Your way of life period will probably be convert as soon as you total looking over this book.  
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## THE 8-WEEK BLOOD SUGAR DIET: LOSE WEIGHT FAST AND REPROGRAMME YOUR BODY FOR LIFE



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Short Books Ltd. Paperback. Condition: new. BRAND NEW, The 8-Week Blood Sugar Diet: Lose Weight Fast and Reprogramme Your Body for Life, Michael Mosley, From the author of the million-copy bestselling Fast Diet. Millions of us have dangerously high blood sugar - and we don't know it. There are no symptoms. We appear healthy. Yet raised blood sugar is storing up problems for the future. It furs up our arteries, piles hidden fat into our internal organs and is a precursor not just to Type 2 diabetes but a range of diseases, including heart failure, dementia and cancer. Scientists in the UK have recently shown that rapid weight loss, when done properly, is an extremely effective way to kill dangerous fat, combat blood sugar problems, reverse Type 2 diabetes, perhaps even cure it. In this book, Dr Michael Mosley draws on the work of Professor Roy Taylor - one of the world's foremost diabetes experts - and his own experience as a one-time diabetic, to present a groundbreaking new approach to longterm health - a radical eight week diet for diabetics who want to reverse their condition and stay medication-free, as well as an easier, flexible regime for anyone just keen to keep their blood sugar levels in check. As Dr Mosley says, it is never too late to act.



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