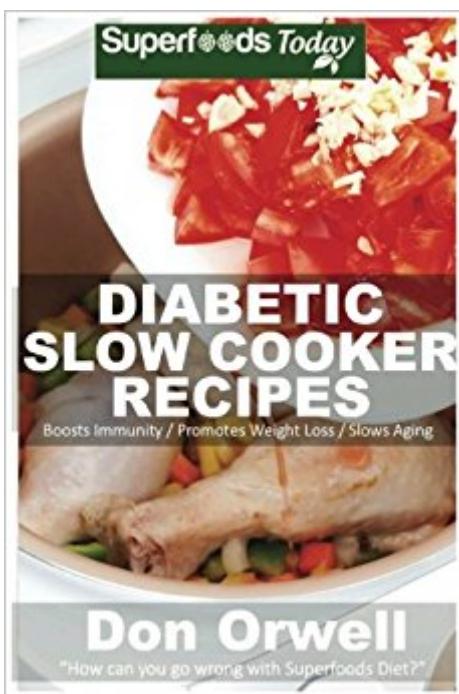


The book was found

Diabetic Slow Cooker Recipes: Over 190+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, ... And Chilis, Slow Cooker Recipes (Volume 1)



Synopsis

How Can You Go Wrong With Superfoods-Only Diet? FACT: Way too many of us live in a state of poor health, lethargy and moderate obesity. We live with headaches, back pain, inflammation, arthritis, high blood pressure, high cholesterol, diabetes, skin problems, insomnia and cancer. They are all the byproducts of modern western diet, based on processed food. Superfoods are foods and the medicine and they can help with all these symptoms!! Diabetic Slow Cooker Recipes contains over 190 Superfoods Diabetics recipes for Diabetes Type 2, created with 100% Diabetic Superfoods ingredients. Most of the meals can be prepared in just 10-15 minutes. Each recipe combines Diabetic Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. "Our Food Should Be Our Medicine And Our Medicine Should Be Our Food." - Hippocrates 460 - 370 BC The best thing about Superfoods Diabetic Lifestyle is that it will keep your appetite and cravings under control and it will balance your hormones. It's nearly impossible to lose fat if your hormones are out of balance. Superfoods Diabetic Lifestyle works because it's return to the type of food your body naturally craves and was designed for. Whole foods Superfoods is the food humans consumed for literally millions of years. Superfoods are nutritionally dense foods that are widely available and which offer tremendous dietary and healing potential. Superfoods diet forbids processed foods, hybridized foods, gluten foods and high glycemic foods. There is nothing super in any of the processed foods or today's hybridized wheat, corn, soy or potatoes. Processed food is the main reason why people suffer from inflammations and why their hormones are out of balance. Superfoods Diet is the only diet that doesn't restrict any major type of food. If features: Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado Proteins: Salmon, Beans, Organic Chicken, Grass-Fed Beef, Pork Tenderloin Non-gluten Carbs: Fruits, Vegetables Antioxidants: Garlic, Ginger, Turmeric, Cacao, Cinnamon, Berries Superfoods are basically nutrients packed foods especially beneficial for health and well-being. After eating these superior sources of anti-oxidants and essential nutrients for only a week or two you will: Start losing weight and boost energy Get rid of sugar or junk food cravings Lower your blood sugar and stabilize your insulin level Detox your body from years of eating processed foods Lower your blood pressure and your cholesterol Fix your hormone imbalance and boost immunity Increase your stamina and libido Get rid of inflammations in your body Would You Like To Know More? Download and start getting healthier today. Scroll to the top of the page and select the buy button.

Book Information

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Customer Reviews

It has master recipes that from them you can make a ton of other dishes - all diabetic approved & tasty!! Good book for someone with diabetes nice selection of recipes can't wait to try them out lots of different categories. Very helpful in staying on diabetic regimen. This slow cooker book has some good recipes to help you try new things and keep the balance you need as a diabetic.

The Diabetic Cookbook was given to my mom. After looking through the recipes and seeing how simple, easy and tasty they sounded it made her feel like diabetes wouldn't limit her love of food as much as she thought. These recipes were generally composed of common items. Plus I liked the ease of using the crock pot to fix a meal early in the day and have it available for evening meals with leftovers for the next lunch.

Some of the recipes in this cookbook is perfect for my taste bud. I want to try the Stews, chilies curries stuffed peppers with beans because I really like to eat spicy foods. I also want to try some of the recipes in this book that is new to me. Worthy!

Healthy and delicious recipes! This book has a lot of nice recipes. Unfortunately most of them are for smaller slow cookers than I have. So I'm going to have to adjust the ingredients in a lot of the recipes. I haven't used the book yet but I read through it and since winter is at my door step I will be

making recipes from the book.

When my husband was diagnosed with diabetes, we made a concerted effort to change our diet. He has since lost 50 lbs and is maintaining a healthy blood sugar. This book seemed like a great choice to buy because there are plenty of recipes which are good for diabetic persons. Also the recipes can be prepared very quickly and I like it very much. I have only made a few recipes from the book and they have been really good. I will be cooking more soon.

We use this daily! After finding out we had two family members who are struggling with diabetes we began using this cookbook and one similar to it by the same publisher and found great tasting recipes that were simple to make.

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