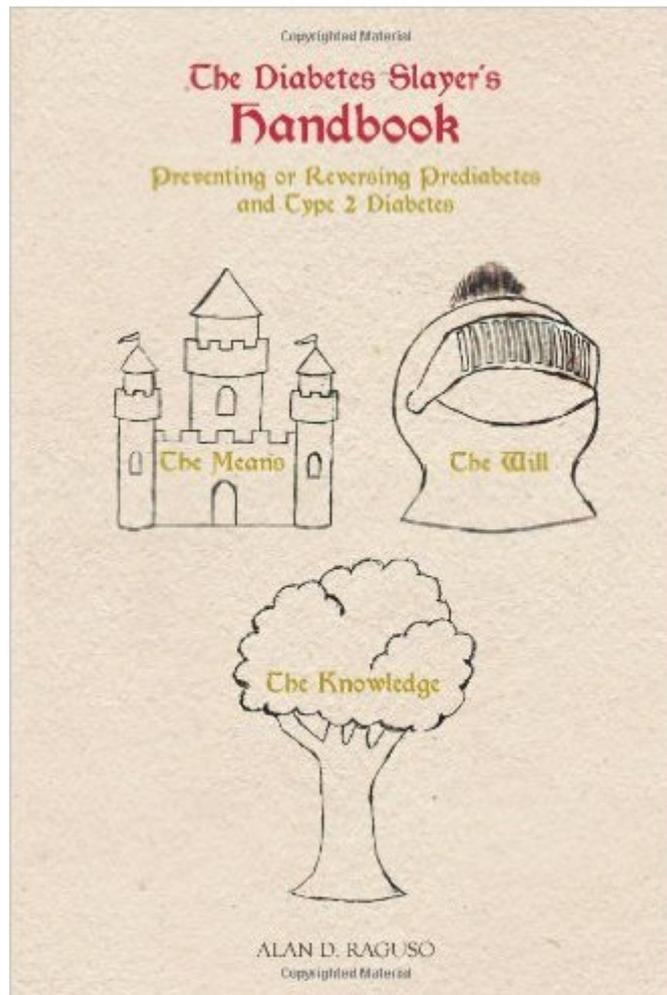


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# The Diabetes Slayer's Handbook: Preventing Or Reversing Prediabetes And Type 2 Diabetes



## Synopsis

Just over eleven years ago, author Alan D. Raguso was diagnosed with type 2 diabetes. He spent ten years battling raging A1Cs and ever-worsening blood-glucose readings; two and a half years ago, he started developing the beginning stages of retinal problems. That's when Raguso decided to get serious about his health and resolved to find a way to beat diabetes. In *The Diabetes Slayer's Handbook*, he narrates his journey with the disease and presents a nonsurgical, nonprescription-drug intervention program that he discovered through his research and study of nutrition. He provides an understanding of the basics of prediabetes, type 2 diabetes, excess weight, sugar and carbohydrates, and metabolism, and he outlines diabetes-reversal techniques using everyday healthy foods combined with easy low-impact exercise. *The Diabetes Slayer's Handbook* dissects the components of diabetes and offers a game plan for attacking the disease to help diabetes sufferers get a handle on their health and their life.

## Book Information

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (5 customer reviews)

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## Customer Reviews

*The Diabetes Slayer's Handbook: Preventing or Reversing Prediabetes and Type 2 Diabetes* This book is unique in that the author actually REVERSED his own diabetes - (and diabetic eye disease)- WITHOUT SELLING A PRODUCT! How refreshing- no gimmicks, no program to buy, just step by step how to reverse your own insulin resistance at home. I learned about how acidic foods affect my blood sugar and how chlorophyll helps insulin resistance- easy easy quick read, easy to understand- no medical lingo. 5 stars!

I have a lot of friends and family who are diabetics, and I bought a number of copies of the book and gave it to them as gifts, and I've gotten only positive comments back as a result. It reads very quickly, before you can make up an excuse not to finish it. And not knowing the level of diabetes education people have that might read it, I can conclude that it probably comes at them from a perspective they haven't considered before. Great book and worth your time to read.

As serious a subject as diabetes is, it deserves this common sense and easy-to-understand information by Alan Raguso. Written by one who has experienced the devastation of the disease in his family, his friends, and himself, this is a success story with clear and motivating steps to take. Share it!

Thanks!

Good book. Alan doesn't waste your time with a lot of unnecessary words. He tells you what you need to know in a short amount of time. If you do what he tells you it will make a difference in your diabetic health. Would be a good book even for non diabetics - just good healthy living.

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