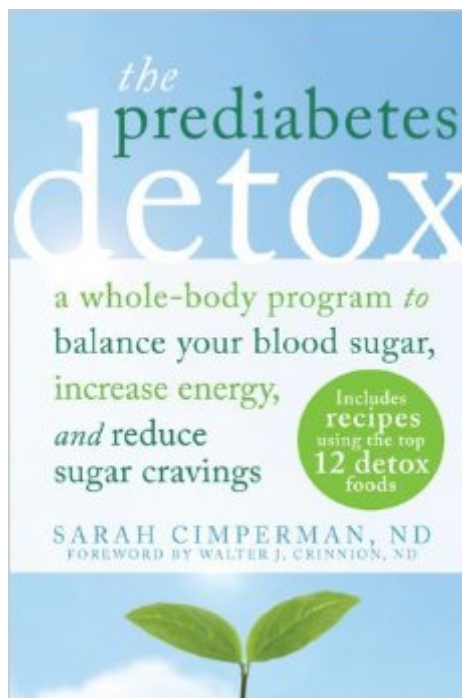


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# The Prediabetes Detox: A Whole-Body Program To Balance Your Blood Sugar, Increase Energy, And Reduce Sugar Cravings



## 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

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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.

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