



## The Anti-Diabetes Method

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Author: Reginald Allouche

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An effective method developed by a doctor specializing in diabetes and obesity.

Dr. Allouche gives prediabetic young people and "young" diabetics the keys to maintaining good health for as long as possible and avoiding Type 2 diabetes, or at least controlling it better.

He explains the different types of diabetes, their causes, treatments, and complications, and offers a test for readers to evaluate their own risk level, as well as a detailed, day-by-day 8-week program with menus, dietary and exercise advice, and 60 recipes to change your habits for good while still enjoying meals.

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