

# Reverse Diabetes Do How To: Small Yet Powerful Steps to Take Charge, Eat Right, Get Fit

**DPMI**  
DIETETIC & NUTRITION SOCIETY  
(Managed by PMTS of India)  
Dietetic & Nutrition Society of India

## DO'S

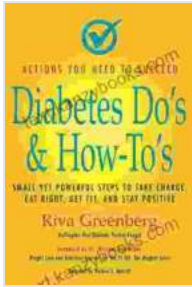
- Keep your meal portions of the same size everyday
- Drink plenty of Water
- Use non fat dairy products like milk, curd and cheese
- Eat leisurely and chew well

## DON'TS

- Do not eat a lot of food
- Restrict spices like mustard, soy sauce etc
- Limit your salt intake
- Avoid white rice, maida, potatoes, bread and banana

**DPMI 21**  
www.dpmiindia.com

Diabetes Do's & How To's Small yet powerful steps to take charge, eat right, get fit and stay positive



by Riva Greenberg

★★★★☆ 4.3 out of 5

Language : English  
File size : 1763 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 298 pages  
Lending : Enabled



## Take Charge of Your Diabetes Journey Today!

Are you ready to take control of your diabetes and live a healthier, more fulfilling life? 'Diabetes Do How To' is the ultimate guide to reversing diabetes, providing you with a step-by-step plan and practical advice to manage your blood sugar levels and improve your overall well-being.

With 73 achievable actions, this book covers everything from making simple changes to your diet and exercise routine to adopting healthy lifestyle habits. You'll learn how to:

- Choose the right foods to lower blood sugar levels
- Create a personalized exercise plan that fits your needs
- Manage stress and improve sleep quality
- Make lasting lifestyle changes that will support your diabetes management

'Diabetes Do How To' is more than just a book; it's a roadmap to a healthier future. Packed with evidence-based advice, inspiring stories, and easy-to-follow meal plans, this book will empower you to take charge of your diabetes and live a life free from the limitations of this condition.

### **What You'll Find Inside:**

- 73 practical and achievable actions to manage your diabetes
- Evidence-based advice from healthcare professionals and diabetes experts
- Inspiring stories from people who have successfully reversed their diabetes
- Easy-to-follow meal plans and recipes
- A comprehensive resource guide with additional support and information

Don't wait any longer to take control of your diabetes. Free Download your copy of 'Diabetes Do How To' today and start your journey to a healthier, more fulfilling life!

### **Testimonials:**



***““This book is a game-changer for anyone with diabetes. It's full of practical advice and easy-to-follow steps that can help you manage your blood sugar levels and improve your overall health.” - Dr. Mark Hyman, MD, New York Times bestselling author of 'The Blood Sugar Solution'”***



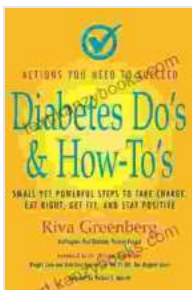
***““Diabetes Do How To is an essential resource for anyone who wants to take charge of their diabetes and live a healthier life. I highly recommend it!” - Amy Myers, MD, author of 'The Autoimmune Solution'”***



***““This book is a must-read for anyone with diabetes. It's full of actionable advice and inspiration that can help you reverse your diabetes and live a healthier, more fulfilling life.” - Josh Axe, DNM, CNS, author of 'Eat Dirt'”***

**Free Download your copy of 'Diabetes Do How To' today and start your journey to a healthier, more fulfilling life!**

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