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individuals suffering from type-2 diabetes or prediabetic conditions. It mainly limits the daily calorie intake to an extremely low number like 800 or 500 for 8 weeks straight.

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weight immediately? You want to eat
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15 Easy Ways to Lower Blood Sugar Levels Naturally

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Dr. Michael Moseley wrote a very popular book called The Blood Sugar Diet. It promises to help you shed 10% to 15% of your body weight in just 8 weeks. Essentially, it's a very low calorie diet (VLCD), with one huge difference: it uses real food.

The Blood Sugar Diet Review |

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A Quick Start Guide To
CalorieBee

It's ideal for beginners and it's a handy resource for anyone embarking on the blood sugar diet, who is ready lose weight and reap the health and weight loss benefits of the Mediterranean diet. Mediterranean diet is known to help you live longer and boost health and is recognised as the world's healthiest diet.

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