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The Diabetes Cure: The 5-Step Plan to Eliminate Hunger, Lose Weight, and Reverse Diabetes--for Good!

Alexa Fleckenstein

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Many doctors tell their patients how to manage diabetes, but why should they simply manage it when they can be rid of it once and for all? In *the Diabetes Cure*, Alexa Fleckenstein presents a groundbreaking plan to do just that by targeting the real cause of diabetes: inflammation.

The book instructs readers on how to use the five essentials of health to achieve a diabetes-free life. Through easy, quick exercises (how does 5 minutes a day sound?); tasty, anti-inflammatory recipes; and many other innovative tips, Dr. Fleckenstein lays out a clear, manageable plan to leave diabetes behind. And ending the struggle with blood sugar is just the start, as this 5-step plan also teaches readers how to shed 5, 10, or even 50 pounds along the way.

Complete with success stories featuring people who followed the plan and not only lost weight (up to 50 pounds) but were also no longer diagnosed as diabetic, *the Diabetes Cure* teaches readers what's *really* causing their diabetes, shows them how to banish cravings once and for all, and provides the tools to help them take back control of their lives.

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