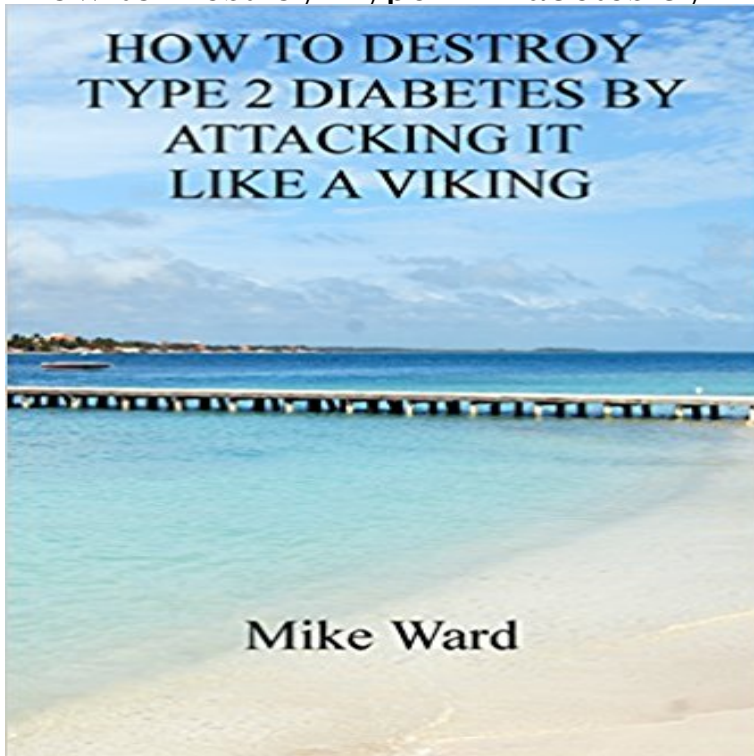


How to Destroy Type 2 Diabetes by Attacking it Like a Viking



Type 2 diabetes is like an invader in your house. Until you get rid of it there will be always be trouble, life will be arduous and there will be worry where there should not be worry. How to Destroy Type 2 Diabetes by Attacking it Like a Viking is precisely what the title says. It gives you multiple ways to attack type 2 diabetes. You attack it from several sides and you wear it down with a war of attrition. When you are done, type 2 diabetes will be done and your blood sugars will be normal. This involves information you wont find in other books such as how to revitalize the glucose transporter 4 in your muscles and make it more responsive to sugar. If your doctor has never talked to you about glucose transporter 4 and how it removes sugar from your bloodstream then read this book as there is a whole chapter on glucose transporters. This author once had very high blood sugar on a test. That was eight years ago. Come with me on a journey and do what I did. There are no drugs and no crazy diets - unless you call getting rid of processed food crazy. The book contains an appendix giving all my blood sugar readings over the eight week period it took me to normalize my blood sugars. Also in the book is an explanation of the tipping point identified with type 2 diabetes - I have spent my entire career looking at anomalies in numbers and tipping points and there is a point at which the body tips into type 2 diabetes. Put pressure on that tipping point and you can tip the body right back out of type 2 diabetes and into the normal blood sugar range. What are you waiting for - download a free sample and check the early part of the book out.

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