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It is no exaggeration--balancing your blood sugar could be a matter of life or death. Chronic high blood sugar levels are toxic to your body, destroying organs and  
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Keep your blood sugar level in check naturally with these top six foods.

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The Lower Your Blood Sugar Bible is the essential guide to maintaining a healthy diet and lifestyle through blood sugar control. You'll find more than 100 decadent

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Control your diabetes and blood sugar with these simple and fun moves. Just a little exercise makes a difference. See how to get started.

### **Diabetes treatment: can cinnamon lower blood sugar**

Is it true that cinnamon can lower blood sugar in people who have diabetes? Answers from M. Regina Castro, M.D.

### **9 plant-based foods that lower blood sugar - eat**

Jan 24, 2015 9 Plant-Based Foods that Lower Blood Sugar. Millions of Americans are diabetic or pre-diabetic. It's an epidemic that's not only treatable, but

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Mar 27, 2012 People who have had diabetes for a while know what will cause a spike in their blood sugar and what to do to cause it to go lower almost immediately.

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Feb 19, 2012 If you are diabetic, sometimes your blood sugar might exceed the normal level. Research has revealed that there are certain things that can quickly get your

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My blood sugar has been slowly going down since being diagnosed type 2. Should blood sugar be coming down faster?

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60 Ways to Lower Your Blood Sugar: Simple Steps to Reduce the Carbs, Shed the Weight, and Feel Great Now! Paperback October 1, 2013

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Good blood sugar control is vital to diabetes management. Eating healthier, exercising, managing stress, and taking blood glucose-lowering medications if necessary

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### **Diagnosing diabetes and learning about prediabetes**

Oral Glucose Tolerance Test (also called the OGTT) The OGTT is a two-hour test that checks your blood glucose levels before and 2 hours after you drink a special

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Over the past decade thousands of people with Type 2 diabetes have dramatically lowered their blood sugar using this very simple technique. Unlike most other

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