



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

By Dennis Pollock

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It's projected that in 50 years, one American in three will be diabetic. Many today are well on their way to becoming a sad statistic in the war on obesity, high blood sugar, and the related diseases?including diabetes?that can result from a diet that's seriously out of whack.

In his previous bestselling book, *Overcoming Runaway Blood Sugar*, Dennis Pollock shared his personal experience with this deadly epidemic?including his success at lowering his runaway blood sugar to acceptable levels.

Now Dennis offers readers the next step in the battle: 60 practical ways to manage their blood sugar without resorting to a bland unsatisfying diet of turnips and tuna fish.

In this step by step, change by change plan, readers will learn how to:

- reduce their intake of carbs
- exercise more effectively
- shed excess weight

A must-have book for readers serious about regaining their health while also lowering their weight and increasing their energy.

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### **Editorial Review**

#### **About the Author**

After creating a successful program to normalize his blood sugar, **Dennis Pollock** became an advocate for better, more abundant health. Dennis is also an evangelist, an author, and the former cohost of the *Christ in Prophecy* broadcast. As the founder of Spirit of Grace Ministries, he regularly leads conferences on Bible prophecy and spiritual renewal, along with conducting mission outreaches around the globe.

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**Eric Kyler:**

People live in this new day of lifestyle always try and and must have the free time or they will get lot of stress from both way of life and work. So , when we ask do people have spare time, we will say absolutely sure. People is human not just a robot. Then we question again, what kind of activity are you experiencing when the spare time coming to you of course your answer can unlimited right. Then do you try this one, reading publications. It can be your alternative within spending your spare time, the actual book you have read is definitely 60 Ways to Lower Your Blood Sugar: Simple Steps to Reduce the Carbs, Shed the Weight, and Feel Great Now!.

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