

001 Delicious Recipes People Diabetes

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Fat is the Cause of Type 2 Diabetes | NutritionFacts.org Studies dating back nearly a century noted a striking finding: If you take young, healthy people and split them up into two groups—half on a fat-rich diet and half on a carbohydrate-rich diet—we find that within just two days, glucose intolerance skyrockets in the fat group. The group that had been shoveling fat in. Turmeric Curcumin for Prediabetes | NutritionFacts.org A randomized, double-blinded, placebo-controlled trial on the use of the turmeric pigment curcumin to prevent diabetes in prediabetics is published with extraordinary results. Liver: nature's most potent superfood | Chris Kresser Most people might think of a green spirulina drink or a "nutrition bar" when they hear the word "superfood". However, it turns out that liver (from grass-fed animals) is nature's most potent superfood. So throw away your soy protein bars and noni juice and eat some liver.

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