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This book includes Part 1 and Part 2 of the '7 Steps to Health' series and The Big Diabetes Lie. Learn how to destroy diabetes, IBS, inflammation, asthma, high blood pressure, high cholesterol, chronic fatigue, and hundreds of other ailments. "This is single-handedly the best health book I have ever read"

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7 Steps to Health is a well-researched, scientifically backed program that is designed to help you fight and manage diabetes on your own. This program has a huge impact on fighting the causes of diabetes instead of merely managing the symptoms, which is usually the case when someone has been diagnosed with Type 2 diabetes.

7 Steps to Health. 72 likes. MilitaryWife-Job reviews 7 Steps to Health and the Big Diabetes Lie. It is an eBook by Max Sidorov with step to step guidance for type 2 diabetes.

7 Steps To Health and The Big Diabetes Lie Review. The 7 Steps To Health is a highly effective program that seeks to disapprove the conventional beliefs that type 2 diabetes is not curable. As such, the program shows you a step-by-step

guide on how to manage and ultimately clear away the condition for good. This way, you can avoid various health defects that emanate from a diabetes infection such as neuropathy pain, blindness, and other forms of extremity failures.

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Follow your normal sleep and work patterns if you can, and stay consistent. Get up at the same time, eat breakfast, and get out of your pyjamas! Try scheduling in your "commute time" and spend it exercising, reading or listening to music before logging in. Most importantly, when your workday stops, stop working.

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