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The Diabetes Slayer's Handbook: Preventing or Reversing Prediabetes and Type 2 Diabetes

Alan D. Raguso

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Just over eleven years ago, author Alan D. Raguso was diagnosed with type 2 diabetes. He spent ten years battling raging A1Cs and ever-worsening blood-glucose readings; two and a half years ago, he started developing the beginning stages of retinal problems. That's when Raguso decided to get serious about his health and resolved to find a way to beat diabetes. In The Diabetes Slayer's Handbook, he narrates his journey with the disease and presents a nonsurgical, nonprescription-drug intervention program that he discovered through his research and study of nutrition. He provides an understanding of the basics of prediabetes, type 2 diabetes, excess weight, sugar and carbohydrates, and metabolism, and he outlines diabetes-reversal techniques using everyday healthy foods combined with easy low-impact exercise. The Diabetes Slayer's Handbook dissects the components of diabetes and offers a game plan for attacking the disease to help diabetes sufferers get a handle on their health and their life.

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