



Gluten-Free & Diabetes: Eating Gluten-Free To Avoid Diabetes

Rivkah Roth DO DNM

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One in two people worldwide are at risk of developing Diabetes. Diabetes shortens life expectancy by ten to twelve years. Yet, diabetes is largely caused by a high carbohydrate, processed diet rich in addictive gluten proteins. Gluten-Free & DIABETES shows you the logic and success behind eating gluten-free to avoid diabetes and its complications. Gluten-Free & DIABETES is part of the DIABETES-Series Little Books that provide important and easy to read information for the general public. Topics reach from how to avoid diabetes, how to recognize early risk signs of pre-diabetes and diabetes, to what foods to eat, what supplements or minerals to look for, and what natural herbs to select. All of the information assumes a natural, non-medicated approach of a patient willing to make lifestyle improvements. Proper food and lifestyle choices carry to best promise for a future free of diabetes and other degenerative diseases.

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