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## REVIEWS: Permanent Diabetes Control

The Complete Guide to Living Like a Normal Person Forever!

Author: Rao Konduru, PhD

ASIN # B07RDZR1QW ISBN # 9780973112009

Author's website: [www.mydiabetescontrol.com](http://www.mydiabetescontrol.com)

When this book was advertised, many readers downloaded and posted the following REVIEWS on Amazon.com. But the Amazon's automatic clean-up program later removed many reviews. Amazon removes millions of reviews every year.

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### Customer Reviews on Amazon.com

\*\*\*\*\* 5 out of 5 stars

14 Customer Ratings

Top Reviews

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Dr. Gary Almas (DPM-Podiatrist, Vancouver, B.C.)  
**5.0 out of 5 stars** Excellent guidance regarding diabetes  
Reviewed in Canada on March 9, 2020  
Verified Purchase

Dr. Rao Konduru's book, Permanent Diabetes Control, is a very useful guide and roadmap for anyone wishing to manage their diabetes well. It is an easy read and will be of great benefit. I intend to recommend this book to my diabetic patients.

Helpful

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You've read the top international reviews

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Sea salt

5.0 out of 5 stars [Must read.](#)

Reviewed in the United States on February 26, 2020

[Verified Purchase](#)

This book "Permanent Diabetes Control" is extremely extraordinary guide to control diabetes in 90 days, and to live like a normal person thereafter. This book explains clearly 3 methods to accomplish permanent diabetes control:

- a. How to Control Type 2 Diabetes With Diet & Exercise,
- b. How to Control Type 2 Diabetes With Diet, Oral Medication & Exercise, and
- c. How to Control Type 2 or Type 1 Diabetes with Diet, Insulin Shots & Exercise.

We know that "knowledge is power" so the diabetics should equip their minds with as much knowledge as possible on diabetes control by reading through this comprehensive guide. If we do so, our minds would guide us on how to control diabetes daily, and how to maintain hemoglobin A1c level always normal. This book will inspire you, provide you and guide you with all that powerful knowledge on how to achieve normal hemoglobin A1c. In the 2nd part of the book, the author gave all the tools and knowledge necessary on "Food & Nutritional Control, Diabetes Oral Medications & Insulin, and How to Exercise" to fight and control diabetes. There is a Chapter dedicated on Heart Disease. This is a well-organized and well-written book (packed with 12 chapters of extensive knowledge) to help diabetics. I am certain that this book will help many people with diabetes, highly recommended.

Helpful

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Anamaría Aguirre Chourio

5.0 out of 5 stars [Genius Diabetes Control Book](#)

Reviewed in the United States on February 27, 2020

Verified Purchase

Diabetes is a dangerous disease that cannot be controlled unless you master the topic and possess the extraordinary knowledge. This book "Permanent Diabetes Control" is packed with that "powerful knowledge" if you want to swallow and digest at least some of it.

Understanding Hemoglobin A1c Chart is the key to controlling diabetes. In this wonderfully designed book, the author explains "Hemoglobin A1c and Hemoglobin A1c Chart" so well like no one else with easy-to-understand experiments conducted at home along with the self-blood glucose monitoring data. Thanks to the author!

Give yourself 90 days to see outstanding results in controlling your diabetes (but you should control diabetes every day). I urge you to read this book, and learn all the contents without procrastinating. It can not only change your life with diabetes, but also can save your life from diabetic complications that you could develop over time. Diabetic complications are extremely dangerous and life-threatening.

If you have diabetes, take action before it is too late, read this book all 12 chapters, and master the diabetes controlling skills. I am the genuine admirer of this wonderful book!

Helpful

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Sammantha

5.0 out of 5 stars [Permanent Diabetes Control](#)

Reviewed in the United States on February 28, 2020

Verified Purchase

The title says it all: "Permanent Diabetes Control, The Complete Guide to Living Like A Normal person Forever". This is the comprehensive diabetes guide, and every diabetic person should read and benefit from it. No doctor could teach you the kind of tips and tricks, methods and procedures to control diabetes presented in this book, and there is no other book like this. This book is written to help you achieve permanent diabetes control in 90 days, and to live like a normal person thereafter.

By reading this book, anybody whether diabetic or not can learn how to count calories, how to eat well with appropriate proportions of protein, fat and carbohydrate, how to exercise, how to find your daily average blood glucose level, and how to achieve your haemoglobin A1c level equal to or lower than 7%. There are many examples with self-blood glucose monitoring data using a simple self-monitoring glucometer (the meter that monitors your blood glucose level every day at home).

Permanent Diabetes Control book overall is an amazing, comprehensive and extremely useful guide created to help you live like a normal person without facing long-term complications. There is a lot of useful information about diabetes and the treatment of diabetes that every diabetic person should be aware of by reading this book. If you want to control your diabetes in 90 days, either type 2 diabetes or type 1 diabetes, this is the best book to consult with. I strongly recommend this book to every newly diagnosed and veteran diabetic.

Helpful

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Lili

5.0 out of 5 stars [Awesome book!](#)

Reviewed in the United States on October 31, 2019

This book contains the genuine realities about diabetes. The one's that are elusive and aren't constantly self-evident. I have invested a lot of energy looking into diabetes on the grounds that my relative has been experiencing Type II diabetes for quite a while. In the event that you truly scour the web and can observe sound sources from BS ones, you can discover a great deal of this data. This book p'ts it across the board place however and it is so invigorating to have a real, legit asset about disposing of diabetes for good.

Helpful

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John S

5.0 out of 5 stars [Did a great job.....](#)

Reviewed in the United States on October 31, 2019

Fantastic guide for all of us. I found it from Amazon. In a diabetic person, due to pancreatic deficiency, the body does not monitor glucose levels as adequately as needed nor does it supply sufficient insulin in the bloodstream to maintain normal glucose levels.

Recommended!

Helpful

[Comment](#) [Report abuse](#)

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Max Banks

*5.0 out of 5 stars* [Important for leading a normal healthy life.](#)

Reviewed in the United States on October 9, 2019

Diabetes is a common disease in today's world. All people are facing this problem. Someone's level is high someone is low. People who are suffering most can't control the level. The reason behind this is the proper guideline. **This book will help them to follow all the rules and to lead a healthy life.**

Helpful

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BAM BHOLE

*5.0 out of 5 stars* [Permanent Diabetes Control](#)

Reviewed in the United States on December 24, 2019

I found this selection very informative without being pushy. Feels like I could do something like this. Stopping to think Bout whether or not you are really hungry then what you really want to eat is proving to be a process but a good one.

Helpful

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DAVIDSON

*5.0 out of 5 stars* [Diabetes control treatment with healthy diet!](#)

Reviewed in the United States on November 3, 2019

By this book you can learn about the hidden secret in the hemoglobin a1c chart. Author also include how to find out your daily average blood glucose level. **You can also learn how to control type 2 diabetes with diet oral medication & exercise.**

Helpful

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## Top International Reviews

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Jack mckeever

**5.0 out of 5 stars** All a diabetic person needs is this book!

Reviewed in the United Kingdom on May 10, 2020

Verified Purchase

All a diabetic person needs is this book to self-control diabetes, and to live like a normal person for the rest of his/her life. This book teaches how to research on rising and falling blood glucose level by frequently self-monitoring with a fingerstick blood glucometer at home. This book teaches how to implement appropriately healthy diet, exercise, oral medication or insulin shots, and how to lower after-meal blood glucose spikes, and achieve daily average blood glucose level close to or under 7 mmol/L or 126 mg/dl depending on in which country a diabetic person resides. If you can do so every day for 90 consecutive days, you can easily achieve normal A1c level. There are many worked-out examples illustrated in Chapter 3 of this book. Chapter 3 contains everything a diabetic person ever needs to understand diabetes, and control it perfectly in order to achieve normal haemoglobin A1c. Achieving normal haemoglobin A1c is the key to controlling diabetes permanently.

Whether you are a newly diagnosed or veteran diabetic person, you must take advantage of this comprehensive diabetes control book. You can learn everything about the fundamentals of diabetes such as the function of pancreas, lack of insulin production, controlling diabetes with healthy diet, exercise along with pills or insulin injections. This book offers many strategies and secrets of controlling diabetes effectively, which you could not have learned by visiting family physicians and/or endocrinologists. All you need is this book if you are diabetic!

Helpful

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Daniele D'Alessio

5.0 out of 5 stars **Control Your Diabetes In 90 Days By Using This Guide!**

Reviewed in the United Kingdom on September 2, 2020

Verified Purchase

Did You Know? A healthy non-diabetic person’s pancreas stores about 200 units of insulin in its beta cells, measures blood glucose level 500 times a day, and automatically secretes the appropriate amount of insulin into the bloodstream in order to maintain normal blood glucose level throughout the day. When the beta cells of the pancreas are damaged or not functioning properly, a person develops “DIABETES” due to lack of insulin supply. In a diabetic person, due to pancreatic deficiency, the body does not automatically monitor the blood glucose level nor does it adjust the insulin secretion in the bloodstream to maintain normal blood glucose levels.

If diagnosed with diabetes, a diabetic person must monitor the blood glucose level as frequently as possible with a glucometer at home, and inject the correct amount of artificial or synthetic insulin with an intention to lower after-meal glucose levels. Only in this way, can diabetes be self-controlled.

But the problem is that most diabetic people don’t monitor even 5 times a day. If you are a beginner, start monitoring 10 times a day, and do diabetic research on your own body to understand your uncontrolled diabetes. Whenever your blood glucose level is high, inject the right amount of rapid acting insulin, and either walk or exercise in a gym until the blood glucose level falls close to normal quickly (normal level is 5 mmol/L in UK, Canada, Australia, New Zealand and South Africa, or 90 mg/dL in USA & many Asian countries). You need to work hard in the beginning until you become familiar with this topic. Insulin is the best medicine to treat diabetes. Your haemoglobin A1c will be dropped significantly right in front of your eyes if you understand diabetes control.

However you should read this book Permanent Diabetes Control, understand all the examples illustrated, and follow all the instructions and precautions carefully. You will be able to do this research by injecting insulin shots only after an appropriate hands-on training in a local diabetes clinic where they will teach you everything on how to inject insulin and how to exercise afterwards. My experience with this book is amazing and very positive!

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Healthy Promotions

5.0 out of 5 stars Wonderful Diabetes Control Book

Reviewed in India on February 24, 2020

Verified Purchase

THIS BOOK TAUGHT ME THE FOLLOWING INFORMATION:

- a. How to inject insulin (both long-acting insulin and rapid-acting insulin) into the fatty tissue of my belly,
- b. How to count calories using measuring cups or by weighing foods with an electronic balance,
- c. How to find out the amount of carbohydrate in any meal,
- d. How to calculate the dosage of rapid-acting insulin for any meal and inject,
- e. How to exercise to lower after-meal glucose levels to normal by running on a treadmill or by walking with rapid-acting insulin injected.

I achieved perfectly normal haemoglobin A1c (under 7%) by following "Method 3: Type 2 Diabetes Control With Healthy Diet, Insulin Shots & Exercise," explored in Chapter 3 of this book "Permanent Diabetes Control". Everything is explained with innovative experiments, showing real-life finger-stick blood glucose monitoring data that are easily understandable by any layperson. I recommend this well-written diabetes control book to all people with diabetes.

Helpful

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Wellness Books

5.0 out of 5 stars A Must-Read Book To Control Diabetes

Reviewed in Canada on February 24, 2020

Verified Purchase

**THESE FOLLOWING PARAGRAPHS OF "CHAPTER 4" HELPED ME CONTROL MY DIABETES PERFECTLY:**

Evening meal or any major meal causes the highest blood sugars in diabetics. Elevated glucose levels are accumulated in the bloodstream soon after the major meal consumption. These elevated glucose levels dominate in and largely contribute to establishing the average glucose level in 90 days. Elevated after-meal glucose levels therefore must be slashed as quickly as possible and brought to normal within 1 or 2 hour of the major meal (supper) consumption in order to bring hemoglobin A1c close to its normal value and control diabetes.

At the same time, the insulin dose must be minimized because too much insulin causes hypoglycemia and constricts arteries leading to heart attack and coronary heart disease. Too much insulin also stimulates the brain so that a person feels hungry and eats more and causes the liver to manufacture fat in the belly. Too little insulin on the other hand is not enough to cover the entire meal and to maintain normal glucose levels. An optimum insulin dose is therefore crucial. Insulin is synthesized in such a way that it acts a lot more quickly and much more effectively with exercise. A continuous exercise, either treadmill or regular walk, should be introduced into the diabetes control plan in order to burn fat, lose calories, and optimize both insulin dose and insulin action. If this exercise is introduced after every heavy meal, it not only minimizes the insulin dose but in addition maximizes insulin action and prevents after-meal glucose levels from rising too high, thereby keeping the diabetes under tight control.

Consistent, serious and rigorous efforts at lowering after-meal glucose levels for a period of 3 to 6 months gradually lowers the hemoglobin A1c to its normal value, even if the diabetes had been poorly controlled in the past. Thereafter, continued efforts with reasonable attention to insulin, food and exercise are necessary to keep diabetes under tight control. Serious efforts are required only in the beginning in order to do research, and to find out the optimal insulin dose and to understand the body's response for a given meal. The experience gained in one's own research would guide the individual on how to inject appropriate insulin shots and do exercise, and reward the individual by allowing the fingerstick self-blood glucose tests only a few times a day, still achieving outstanding results of diabetes control.

Helpful

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Health & Well Being

5.0 out of 5 stars My Favorite Diabetes Control Guide

Reviewed in India on March 1, 2020

Verified Purchase

This book teaches us the most important aspect in diabetes control "how to determine the hemoglobin A1c level comfortably at home" without going to a laboratory blood test, but just by using the daily finger-stick blood glucose monitoring data from the glucometer that we use at home. I have never heard about it, no doctor told me about it, and no diabetes specialist would teach us about it.

If we learn how to determine the haemoglobin A1c level at home manually daily, we can master the diabetes control concept, and control diabetes easily in 90 days, and live like a normal person afterwards as long as we stick to the concepts outlined in this book.

If you are diabetic, suffering from either type 2 diabetes or type 1 diabetes, you should read this book cover to cover, master all the concepts outlined in this book, you will be amazed to see your hemoglobin A1c dropping like a rock to normal. In my opinion, this is the best book on this important topic "diabetes control".

Helpful

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## REVIEWS: Permanent Diabetes Control

Author: Rao Konduru, PhD  
ASIN # B07RDZR1QW ISBN # 9780973112009  
Author's website: [www.mydiabetescontrol.com](http://www.mydiabetescontrol.com)

When this book was advertised, many readers downloaded and posted the following REVIEWS on Amazon.com. But the Amazon's automatic clean-up program later removed many reviews. Amazon removes millions of reviews every year.

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### Customer Reviews on Amazon.com

4.9 out of 5 stars

Showing 1-10 of 31 reviews



Lili

5.0 out of 5 stars **Awesome book!**

October 31, 2019

Format: Kindle Edition

This book contains the genuine realities about diabetes. The one's that are elusive and aren't constantly self-evident. I have invested a lot of energy looking into diabetes on the grounds that my relative has been experiencing Type II diabetes for quite a while. In the event that you truly scour the web and can observe sound sources from BS ones, you can discover a great deal of this data. This book p'ts it across the board place however and it is so invigorating to have a real, legit asset about disposing of diabetes for good.

Helpful

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Leslie C

5.0 out of 5 stars **Did a great job.....**

October 31, 2019

Format: Kindle Edition

Fantastic guide for all of us. I found it from Amazon. In a diabetic person, due to pancreatic deficiency, the body does not monitor glucose levels as adequately as needed nor does it supply sufficient insulin in the bloodstream to maintain normal glucose levels. Recommended!

Helpful

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DAVIDSON

*5.0 out of 5 stars* **Diabetes control treatment with healthy diet!**

November 3, 2019

Format: Kindle Edition

By this book you can learn about the hidden secret in the hemoglobin a1c chart. Author also include how to find out your daily average blood glucose level. You can also learn how to control type 2 diabetes with diet oral medication & exercise.

Helpful

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Max Banks

*5.0 out of 5 stars* **Important for leading a normal healthy life.**

October 9, 2019

Format: Kindle Edition

Diabetes is a common disease in today's world. All people are facing this problem. Someone's level is high someone is low. People who are suffering most can't control the level. The reason behind this is the proper guideline. This book will help them to follow all the rules and to lead a healthy life.

Helpful

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Sukjuka

*5.0 out of 5 stars* **Very helpful.**

October 31, 2019

Format: Kindle Edition

This book contains real strategies aimed at reversing diabetes for good, not just drugging you up and partially masking the symptoms of this modern epidemic that is robbing so many of their quality of life.

Helpful

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Sudip sarkar

5.0 out of 5 stars **Great read**

November 2, 2019

Format: Kindle Edition

This book has been a great read. It's very well organized and full of practical advice to help you get your health and weight in order. A very beneficial read that is certain help you move closer to a healthy lifestyle.

Helpful

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(Apu mittra)²

5.0 out of 5 stars **Simply awesome!**

November 2, 2019

Format: Kindle Edition

As someone who has tried every diet out there, this book resonated with me. You cannot be walking on egg shells all the time, worried about slip ups.

Helpful

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James Elliott

5.0 out of 5 stars **Five Stars**

November 2, 2019

Format: Kindle Edition

This book was a quick read. It was informative and it hits most of the destruction points that sugar can do to the body and it provides several ways to help eliminate harmful sugars.

Helpful

[Comment](#) [Report abuse](#)



Robert Alexa

4.0 out of 5 stars **Good learning book**

November 2, 2019

Format: Kindle Edition

It is offers sober and actionable advice that does work. This book answered all of the questions most doctors either.

Helpful

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Mahbub

**5.0 out of 5 stars** [Extremely well founded book.](#)

October 12, 2019

[Format: Kindle Edition](#)[Verified Purchase](#)

The book is very good and I'm glad I bought it. I am not quite pre-diabetic but am getting close and must do what I can to prevent diabetes. I spent HOURS on the American Diabetic Assn website and did not learn very much. I did learn a lot from this book. So far in my quest for information on Diabetes, this book rates as the most informative, reliable, well organized, well written material on Diabetes. I recently found out I have the disease and use this book to educate myself. I have it on my Kindle which goes everywhere I go - in the car, to a doctor's appointment, etc. I learn a little bit at a time and the way the book is written makes it easy to remember. Anyone wanting information on how to control Diabetes - to learn, to teach - in whatever capacity would benefit from having this book.

Helpful

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**Showing 11-20 of 31 reviews**



Kristin Smith

**5.0 out of 5 stars** [Great effective content](#)

October 8, 2019

[Format: Kindle Edition](#)[Verified Purchase](#)

Its a good book for diabetes. learning approach provided. Author give full stuff for that. A great effective book. Appreciating content.

Helpful

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Antonie Brown

**4.0 out of 5 stars** [Loving stuff](#)

November 2, 2019

[Format: Kindle Edition](#)

Diabetes has been listed as among the most common chronic conditions among Americans and even in the whole world. I am not in the medical field that's why I know little about the condition and all I know is that it has to do with too much sugar in the blood. The book was able to explain in depth that Diabetes has three types: Type I, Type II and an unknown third type to me which is the gestational diabetes. How the condition affects our body and the clinical manifestations are all carefully detailed in book. It's the ultimate guide, not to mention it includes how Diabetes can be managed and cured.

Helpful

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Mary Susan

*5.0 out of 5 stars* [I recommend!](#)

November 2, 2019

[Format: Kindle Edition](#)

This book has so far been a fun and informative read. I signed up to be a minister on the Dudeism website for fun, and also to have the legal option to officiate weddings. But then I decided I really wanted to know more about this whole durned abiding thing and what Dudeism is all about. I'd like to think the messages in this book and abiding have made my life a little easy to deal with.

Helpful

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Micheal C. Clark

*5.0 out of 5 stars* [Good Book](#)

October 31, 2019

[Format: Kindle Edition](#)

The book is excellent and I'm happy I have gotten it. I am not exactly pre-diabetic yet am drawing near and should do what I can to counteract diabetes. Its a decent book for diabetes. learning approach gave. Creator give full stuff for that. An incredible viable book. Acknowledging content.

Helpful

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Ramos Jassel

*5.0 out of 5 stars* [Recommended](#)

November 2, 2019

[Format: Kindle Edition](#)

I have read many books about diabetes since being diagnosed last year but none of them made things as clear to me as this author has. I have already shared info about the book so family and friends can benefit as I have. I have recommitted to my care and journey since reading this!

Helpful

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Lisa Anthony

*5.0 out of 5 stars* [Amazing !](#)

October 31, 2019

[Format: Kindle Edition](#)

This is amazing guide book. This book shows lot's of tip & the tips are good for diabetes present. For read this book present learn perfectly how to recovery from diabetes. Thanks to writer who wrote this book.

Helpful

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Alex Holder

*5.0 out of 5 stars* [Important book](#)

October 31, 2019

[Format: Kindle Edition](#)

This is very important book for all. From this book you can learn more about permanent diabetes control policy. This is very helpful for all. You can read this special book.

Helpful

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Monica

*5.0 out of 5 stars* [nice book..!](#)

November 2, 2019

[Format: Kindle Edition](#)

This is a wonderful book about keto diet. This book contains tips on how to keep your body fit.

Helpful

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BARBARA FIGUEREDO

*4.0 out of 5 stars* [Excellent...](#) 😊 😊 😊

November 3, 2019

[Format: Kindle Edition](#)

Definitely a good read. Concise and well written. This book was very helpful and motivating for me.

Helpful

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Yehuda Payten

*5.0 out of 5 stars* [Good guide book...](#) 😊 😊 😊 😊

November 3, 2019

[Format: Kindle Edition](#)

This has a lot of good information. It's easy to read, understand, and follow.

Helpful

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### Showing 21-20 of 31 reviews



Jay L. Oller

*5.0 out of 5 stars* [Good book](#)

November 3, 2019

[Format: Kindle Edition](#)

Liked the information for starting to understanding Permanent Diabetes. Good book for planning meals and as a guide. Love all of the information provided.

Helpful

[Comment](#) [Report abuse](#)



Anne W. Pate

*5.0 out of 5 stars* [Very helpful](#)

November 3, 2019

[Format: Kindle Edition](#)

This is an important book. The book was very helpful. It is very informative and instructive for me. Thanks for publishing this book.

Helpful

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Shani

*5.0 out of 5 stars* [wow](#)

November 3, 2019

[Format: Kindle Edition](#)

Helpful and worth the read! Amazing and very educational to those looking for help and wanting to lose weight while still enjoy food.

Helpful

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Captain Khan

*5.0 out of 5 stars* [wow](#)

November 3, 2019

[Format: Kindle Edition](#)

Very easy and entertaining to read as well as informative. I have referred this book to several of my friends.

Helpful

[Comment](#) [Report abuse](#)



Brittany Jones

*5.0 out of 5 stars* [Best book ever](#)

November 3, 2019

[Format: Kindle Edition](#)

This book will help them to follow all the rules and to lead a healthy life.

Helpful

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Mary Mueller

*5.0 out of 5 stars* **Wow!**

November 3, 2019

[Format: Kindle Edition](#)

Wow! Finally, I got it. Hopeful it will be helpful for everyone.

Helpful

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Yuliana Davon

*4.0 out of 5 stars* **Complete guide book..**

November 2, 2019

[Format: Kindle Edition](#)

I found this book full of tips and advice I will use. This book was very easy to read and understand.

Helpful

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Anna Zoe

*5.0 out of 5 stars* **Recommended**

November 2, 2019

[Format: Kindle Edition](#)

Its a good book permanent diabetic. Providing some important recipes. Recommended.

Helpful

[Comment](#) [Report abuse](#)



Cindy

*5.0 out of 5 stars* **Good guidebook.**

November 2, 2019

[Format: Kindle Edition](#)

This is an excellent guide. This is an essential guide for everyone. I'm going to best rating this good content book. Thankful!

Helpful

[Comment](#) [Report abuse](#)



Elizabeth M. Victoria

*5.0 out of 5 stars* Nice one!

October 31, 2019

Format: Kindle Edition

This book is really great! I like this book. I highly recommend this book. This book has many important contents. Thanks author.

Helpful

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