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# The 8 Week Blood Sugar Diet How To Beat Diabetes Fast And Stay Off Medicationbody For Life 12 Weeks To Mental And Physical Strength

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What foods can you eat on The 8-Week Blood Sugar Diet?

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The first 8 weeks you stick to 800 calories per day, which equates an average weight loss of 14 kilograms. After the 8 weeks you switch to Dr Mosley's 5:2 diet, detailed here. When your blood sugar levels have come down, you switch to a continuous maintenance mode.

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The 8 Week Blood Sugar Diet by Michael Mosley

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