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of the current diabetes 'epidemic' and explains the 10 secrets for preventing and reversing diabetes and metabolic syndrome.  
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goes high the more insulin you make to dump the  
excess blood sugar into storage as fat. If you are  
doing this day in, day out the

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sugar level goes high the more insulin you make to  
dump the excess blood sugar into storage as fat. If  
you are doing this day in, day out the body becomes  
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