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Published December 2011**

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anti-diabetes diet, recipes, a daily supplement programme and advice on how to undo the damage caused by diabetes and diabetes drugs.

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Patrick Holford has used this program to help many clients reverse diabetes, lose weight and change their health.

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## ~~Say No to Diabetes—Diet Review~~

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respond appropriately to insulin. As yet, there is no cure. People with diabetes need to manage ...

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