



# Stop Prediabetes Now: The Ultimate Plan to Lose Weight and Prevent Diabetes

*Jack Challem, Ron Hunninghake*

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Advance praise for Stop Prediabetes Now

"As usual, Jack Challem has brought us a book right on target and ahead of the health curve. This surprising, unbiased book tells the truth about a condition that has clearly become a hidden epidemic in this country. Stop Prediabetes Now is one of the most important books to be published in a very long time."

-Ann Louise Gittleman, Ph.D., C.N.S., New York Times bestselling author of *The Fat Flush Plan* and *The Fast Track Detox Diet*

"In this important and timely book, Jack Challem and Dr. Ron Hunninghake explain what most doctors can't—that type 2 diabetes and prediabetes can actually be reversed and eliminated by eating properly, exercising, and controlling weight. The authors have demystified diabetes and made the solution clear and accessible to everyone. If everyone followed the advice in *Stop Prediabetes Now*, we would have a much healthier world."

-Mark Liponis, M.D., Corporate Medical Director, Canyon Ranch, and author of *UltraLongevity*

"Diabetes and prediabetes are nutritional diseases, and the best way to prevent and reverse them is through nutrition. Once again, Jack Challem shows that he's ahead of the curve with practical advice for improving eating habits and taking nutritional supplements."

-Ronald L. Hoffman, M.D., author of *How to Talk to Your Doctor*

"Prediabetes has become a modern epidemic, about to overshadow every other health problem. Jack Challem and Dr. Ron Hunninghake have pieced together the research and clinical experience to create an easy-to-follow plan that everyone can use to prevent and reverse prediabetes and diabetes and their devastating health consequences. This is a must-read for anyone who wants to stay healthy and alive."

-Marcus Laux, N.D., editor of Dr. Marcus Laux's *Naturally Well Today* newsletter

"The epidemics of prediabetes and overweight are having catastrophic health consequences. This book provides the solution, with detailed yet easy-to-follow advice on eating, taking supplements, and engaging in more physical activity. By preventing and reversing prediabetes and overweight, we'll save billions of dollars—and millions of lives."

-Fred Pescatore, M.D., author of *The Hamptons Diet*

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certainly one of it. This great information could draw you into brand new stage of crucial considering.

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