

For those who know
they become what they eat...



the low blood sugar cookbook

sugarless cooking for everyone
over 200 natural foods recipes

**eating correctly
can relieve**

- exhaustion
- headaches ▫ temper outbursts
- irritability ▫ sleeping problems
- indecisiveness ▫ nervousness
- depression ▫ PMS ▫ overweight

Patricia and Edward Krimmel
authors of the low blood sugar handbook

Low Blood Sugar Cookbook Sugarless Cooking For Everyone

F Rizvi



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