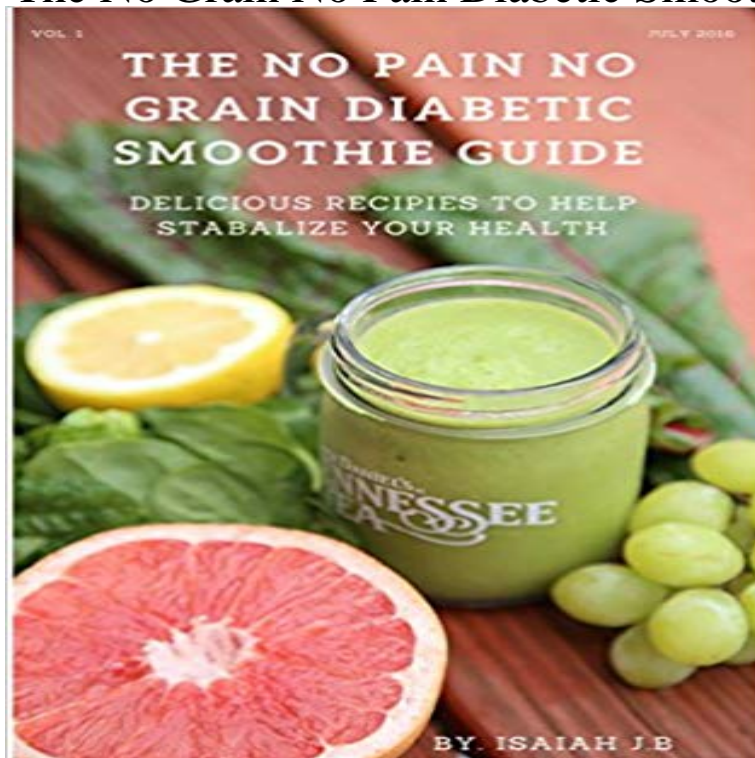


## The No Grain No Pain Diabetic Smoothie Guide



A guide full of diabetic friendly smoothies that can help you control and even reverse your diabetes. These recipes are full of nutrients, like Vitamin A, K, D, Omega 3s, Calcium, Folate so many nutrients that Alkalize the body.

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