

Lady Finger for Diabetes!

Take two pieces of Lady Finger and remove/cut both ends of each Piece. Also put a small cut in the middle and put these two pieces in glass of water. Cover the glass and keep it at room temperature during night. Early morning, before breakfast simply remove two pieces of lady Finger from the glass and drink that water. Keep doing it on daily basis. Within two weeks, you will see remarkable results in reduction of your SUGAR.



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