



Healthy Eating for Life to Prevent and Treat Diabetes

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A simple new dietary approach to preventing and treating diabetes

You can help prevent and control diabetes through simple diet and lifestyle changes that are a pleasure to make instead of a chore. This book shows you how. Drawing on the latest diabetes research, *Healthy Eating for Life to Prevent and Treat Diabetes* presents a complete and sensible plant-based nutrition program that can help you prevent, manage, and, in certain cases, even reverse diabetes.

Covering Type 1 (childhood-onset), Type 2 (adult-onset), and gestational diabetes, this book provides detailed nutritional guidelines that have been carefully drafted by Physicians Committee diabetes experts, along with nearly 100 delicious, easy-to-make recipes to help you put these healthy eating principles to work right away. *Healthy Eating for Life to Prevent and Treat Diabetes* contains important information on:

- * Exercise and lifestyle issues
- * Achieving and maintaining healthy weight
- * Diabetes and pregnancy
- * Preventing complications from diabetes
- * And more

Whether you or a loved one has diabetes or is at risk of developing it, this book will give you the crucial knowledge you need to take charge now-of your diet, your health, and your life.

Also available:

Healthy Eating for Life to Prevent and Treat Cancer (0-471-43597-X)

Healthy Eating for Life for Children (0-471-43621-6)

Healthy Eating for Life for Women (0-471-43596-1)

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From reader reviews:

Catherine Crider:

The book with title Healthy Eating for Life to Prevent and Treat Diabetes contains a lot of information that you can understand it. You can get a lot of benefit after read this book. That book exist new information the information that exist in this publication represented the condition of the world now. That is important to yo7u to understand how the improvement of the world. This specific book will bring you inside new era of the globalization. You can read the e-book on your own smart phone, so you can read the item anywhere you want.

Lucille Daulton:

People live in this new morning of lifestyle always attempt to and must have the time or they will get lots of stress from both way of life and work. So , whenever we ask do people have time, we will say absolutely without a doubt. People is human not only a robot. Then we ask again, what kind of activity do you possess when the spare time coming to a person of course your answer may unlimited right. Then do you try this one, reading ebooks. It can be your alternative with spending your spare time, the actual book you have read is Healthy Eating for Life to Prevent and Treat Diabetes.

Richard Plummer:

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