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Reverse Diabetes Forever: The Ultimate Guide to Controlling Your Blood Sugar

By -

Reader s Digest Association, United States, 2011. Paperback. Book Condition: New. 251 x 193 mm. Language: English . Brand New Book. The only guide you ll ever need to mastering diabetes, once and for all. In this comprehensive book, you ll find the latest science and expert advice that enables you-at long last-to take control. You ll learn how to shop, cook, and eat. Learn how to transform your favorite comfort foods into delectable, diet-friendly meals (your family won t know you ve changed a thing) that ll get you out of the kitchen-fast. Plus, you ll discover more than 50 quick, easy, exciting recipes so that you ll never be bored at mealtime again. More good news: You ll find all your favorite foods on your new plan-from satisfying stews and casseroles, to exciting new side dishes (yes, even French fries!) to luscious, show stopping desserts. Beyond learning to eat well, defeating diabetes means learning how to be more active. It s easier than you think! You ll learn how to integrate movement into your daily activities with simple, expert tips. Then cherry-pick from our menu of easy exercises until you ve created a 15-minute workout that will tone...



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