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The Diabetic and the Dietitian: How to Help Your Husband Defeat Diabetes . . . Without Losing Your Mind or Marriage!

By Ellen Albertson, Michael Albertson

Alexandria Press, United States, 2016. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. Written in clear, non-medical English, the book guides and supports the reader through the anxiety and confusion of initial diabetic diagnosis, the recovery process, and maintaining a diabetes free existence. Warm, witty, and reassuring this husband and wife team delivers the psychological support wives need to stay sane as they help hubby defeat diabetes. The authors explain how to: survive the five stages of diabetic grief, rewire both his and her brain for weight loss, learn menu lingo to uncover hidden blood sugar bombs without sacrificing fun or flavor, clear up carb confusion, and reverse diabetes induced sexual dysfunction. Included is a complete two-week diabetes defeating meal plan with delicious, easy recipes.



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Reviews

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-- **Stefan Von**