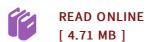




The Diabetic and the Dietitian: How to Help Your Husband Defeat Diabetes . . . Without Losing Your Mind or Marriage!

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.



Reviews

An exceptional publication as well as the font employed was exciting to see. it was actually writtern extremely flawlessly and helpful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dominic Collins

This ebook could be worthy of a read through, and far better than other. I am quite late in start reading this one, but better then never. I realized this publication from my dad and i advised this publication to learn.

-- Stefan Von