



The Diabetes Solution: How to Control Type 2 Diabetes and Reverse Prediabetes Using Simple Diet and Lifestyle Changes--With 100 Recipes

By Dr. Jorge E. Rodriguez

Ten Speed Press. Hardcover. Book Condition: New. Hardcover. 288 pages. Dimensions: 9.3in. x 6.4in. x 1.1in. An authoritative guide to preventing, reversing, and managing prediabetes and diabetes, featuring a comprehensive and holistic diet, fitness, and lifestyle plan, along with 100 recipes, from the authors of The Acid Reflux Solution. Control Diabetes and Reverse Prediabetes Proper management of diabetes from the earliest stages is essential. If you've been diagnosed with type 2 diabetes or prediabetes, this authoritative guide to preventing, reversing, and managing the disease provides the help you need right now. In The Diabetes Solution, Dr. Jorge Rodriguez and dietitian nutritionist Susan Wyler tell you everything you need to know about this increasingly common disease from diagnosis to treatment including the difference between prediabetes and diabetes, ways to prevent serious complications, and the most effective medications and when to start taking them. Many studies prove that a minor weight loss of 5 to 7 percent can make a huge difference in blood sugar levels and diabetic status an easily achievable goal with The Diabetes Solutions simple diet plan based on the latest scientifically validated information. The Blood Sugar Budget, a point-based program developed specifically for controlling blood sugar, tells you exactly what to eat and when,...



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