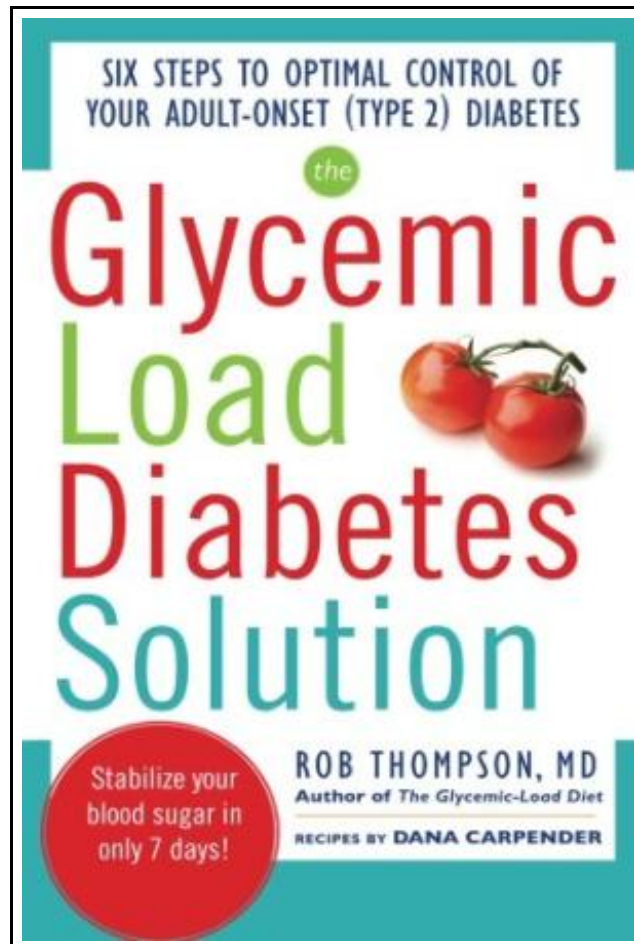# The Glycemic Load Diabetes Solution: Six Steps to Optimal Control of Your Adult-Onset (Type 2) Diabetes (2nd Revised edition)

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Reviews

This is the finest book i have got go through right up until now. I have got read and i also am confident that i am going to planning to read once again yet again in the future. You will not truly feel monotony at at any time of the time (that's what catalogs are for about if you check with me). (Taylor Medhurst)

THE GLYCEMIC LOAD DIABETES SOLUTION: SIX STEPS TO OPTIMAL CONTROL OF YOUR ADULT-ONSET (TYPE 2) DIABETES (2ND REVISED EDITION)

McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, The Glycemic Load Diabetes Solution: Six Steps to Optimal Control of Your Adult-Onset (Type 2) Diabetes (2nd Revised edition), Rob Thompson, Dana Carpender, Take control of your diabetes and revitalize your health with this proven program For more than ten years, preventive cardiologist and champion of glycemic-load science Dr. Rob Thompson has kept his diabetes under control by targeting starch--notsugar--as the number-one cause behind this chronic condition. Now Dr. Thompson shares with you his easy-to-follow, low-starch diet-and-exercise program that promisesto stabilize blood sugar and balance your glycemic load in just seven days. In six easy steps, you will learn to eliminate the harmful effects of dietary starch and keep your blood sugar levels perfect while enjoying satisfying amounts of delicious food (including chocolate!). With The Glycemic-Load Diabetes Solution you get: A seven-day menu plan that you can easily introduce into your lifestyle Tips on starch-free cooking and easy-to-make low-starch recipes by Dana Carpender, author of the bestselling 15-Minute Low-Carb Recipes, so your meals are not just healthy but tasty! An innovative program that challenges current ADA guidelines--not available in any other book--and lets you take control of your health.

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