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Dodging Diabetes Deliciously a Low-Carb Approach to Prediabetes

By Constance Holmes

Regent Press, United States, 2013. Paperback. Book Condition: New. 216 x 213 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT THE BOOK The global spread of diabetes has reached epidemic proportions. Here in the US, 1 in 3 adults is at risk of diabetes and is already, often unknowingly, in the pre-diabetes stage. The good news is that by adopting a low-carb diet and engaging in regular exercise, those in the pre-diabetes stage can not only halt but even reverse their condition. Dodging Diabetes Deliciously offers a timely intervention in the form of 16 meals with fewer than 20 grams of carbohydrate each - including dessert! The recipes have been glucose-tested on the chef, Connie Holmes, Ed.D (herself working to reverse her pre-diabetes) and are simple and easy-to-prepare. But this is no ordinary diabetes prevention cookbook. This mouth-watering collection - drawing on fresh, local, organic and seasonal ingredients and illustrated with vivid photography - is a celebration of good food and good health. It is also a valuable source of information for those tackling the challenge of pre-diabetes. Co-authored by Martha Snider, M.D., Dodging Diabetes Deliciously includes several appendices, carefully researched, that address issues such...



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Reviews

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