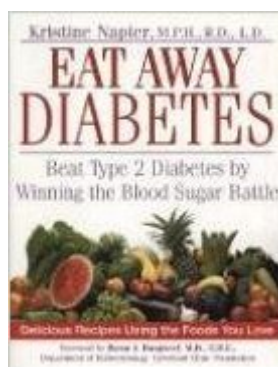


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# Eat Away Diabetes: Beat Type 2 Diabetes By Winning The Blood Sugar Battle



## Synopsis

Type 2 diabetes is considered the fastest growing disease in America, according to The New York Times. Complications caused by this disease make it the seventh leading cause of death in America. In *Eat Away Diabetes*, Kristine Napier offers a simple, straightforward program to help people eat smart, eat well, and, best of all, eat delicious meals that will significantly lower their risk of this disease. Napier offers those who already have type 2 diabetes the information they need to keep it under control. She delves into the most up-to-date medical findings and clears up much of the confusion that surrounds diabetes and how to treat it. Features included are: A month's worth of menus at eight different calorie levels  
A diabetes-fighters shopping list  
75 gourmet-tasting recipes that are easy to prepare  
An authoritative guide to the many diabetes-fighting supplements that are in the news

## Book Information

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## Customer Reviews

According to Napier (*Power Nutrition for Chronic Illness*), a nutritionist who herself has type 2 diabetes, the disease is on the rise: formerly called adult onset diabetes, type 2 is now being found in teenagers and children. Diabetes frequently goes undiagnosed, and it may lead to serious complications such as blindness, kidney damage and heart disease. Napier stresses that weight loss is the key to avoiding diabetes, type 2, as well as to lowering blood cholesterol and avoiding the risk of hypertension, the silent killer. For those who have the disease, she recommends a diet and exercise program designed to control blood sugar. She goes into a great deal of nutritional

complexities to explain her eating plan, but essentially this sensible program is similar to those advocated by many other health-care providers. A diet that will lower blood sugar should contain nutritional carbohydrates (fruits and grains) rather than carbohydrates that are stripped of nutrients (soda and cookies). It is important to eat fiber-rich foods and low fat proteins (broiled and baked meat, fish and poultry rather than fried foods). The most accessible and interesting part of the author's program is the 28 days of interchangeable menus, calculated at either a 1500 or 1800 daily calorie intake. Some of the many mouth-watering recipes included are the Double Raspberry Shake, a Hummus Spinach Wrap and Lemon-and-Orange-Roasted Red Snapper. Napier offers an easy-to-read, thorough and encouraging reference for type 2 sufferers and their caretakers. Copyright 2002 Cahners Business Information, Inc.

“Napier offers an easy-to-read, thorough and encouraging reference for type 2 sufferers and their caretakers.” Publishers Weekly

I have this in paperback, but decided I needed it on my Kindle.

Hmmm....

it's ok.

As a Cardiac Counselor/Behavioral Health Specialist, I have been searching for a well-written and comprehensive book on Type 2 Diabetes. Many of my cardiac clients have the additional challenge of dealing with this serious complication. Kristine Napier's new book, "Eat Away Diabetes," not only provided an excellent overview of the disease itself, but delicious recipes that help people to become active in beating their diabetic diagnosis. I have both professionally and personally seen the damage that Type 2 Diabetes can do to a client's health. Two of my uncles had heart disease, bypass-surgery and eventually lost toes/legs due to Type 2 Diabetes. Kris' book provides the reader with tried and true recipes that enable people to eat well while protecting their hearts and managing their diabetes. There is even a dessert section with yummy entries such as Berry Fresh Cheese Cake and Chocolate Silk Mousse! As a professional who believes in holistic health and bibliotherapy, I am pleased to have a book with interesting recipes that I can now recommend to my clients. It is very reader and user friendly. I recommend it highly!

Eat Away Diabetes is extremely well researched and superbly written! Taking complex subject matter, the author uses practical explanations and analogies, thereby making diabetes much easier to understand. The information is current and extremely useful for people with Type 2 diabetes and those working to prevent this potentially devastating (but preventable) disease. Numerous charts and sidebars are used throughout which serve as excellent references in my practice as a registered dietitian. The author emphasizes the importance of exercise at length and explains the roles of fiber, fat, carbohydrates, protein, vitamin/mineral supplementation, and herbs. Ms. Napier also provides 28 days of menus and their accompanying recipes (which are healthy, creative, and tasty). This book will remain a useful resource in my professional practice and daily life! Thank you, Kristine Napier!

As the former editor of a national consumer health publication, I know that not many people know how to translate reams of scientific data into clear and simple language. Kris Napier has that gift, and in Eat Away Diabetes she makes excellent use of it. The opening chapters offer a clear appraisal of scientific thinking about nutrition, demolishing many fashionable ideas about what we should or shouldn't eat. She explains the concepts behind healthy eating and illustrates them with overall menu plans and 100 pages of delicious-sounding recipes. People newly diagnosed with Type 2 diabetes often complain that no one talks to them enough. This book provides the counseling that busy health care providers may not have time for, and does it with in the down-to-earth language of a knowledgeable friend offering advice and sharing favorite recipes over a cup of tea.

Type 2 diabetes is a national epidemic. Lifestyle changes, including diet and exercise, are necessary to prevent complications (heart disease, stroke, vascular disease, blindness) in those with Type 2 diabetes and prevent the disease from occurring in those at high risk. Medical advice regarding diet often leaves patients confused and therefore unable to follow their advice. Kristine Napier defines Type II diabetes and the steps needed to control this disease in a way that is easy to understand. She provides advice and examples to help the reader incorporate her guidelines into their everyday life. Her 28 day guide of menus will help those get started and as always, Kris's recipes are easy to follow and delicious. Last, but not least of importance, is that all of Kris's advice is based on scientific evidence and conforms to national guidelines.

Kristine Napier is obviously an authority on diabetes as well as a nutritionist-- and we could probably

cure a national epidemic (Type 2 diabetes) if we would all follow the advice in this book. But this isn't like one of those health books that preaches all kinds of impossible advice. It's filled with really simple recipes. The ones I've tried are easy to make, and taste delicious. It's food for kids as well as adults. At last, we've got a book on the kitchen shelf that we can trust completely.

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