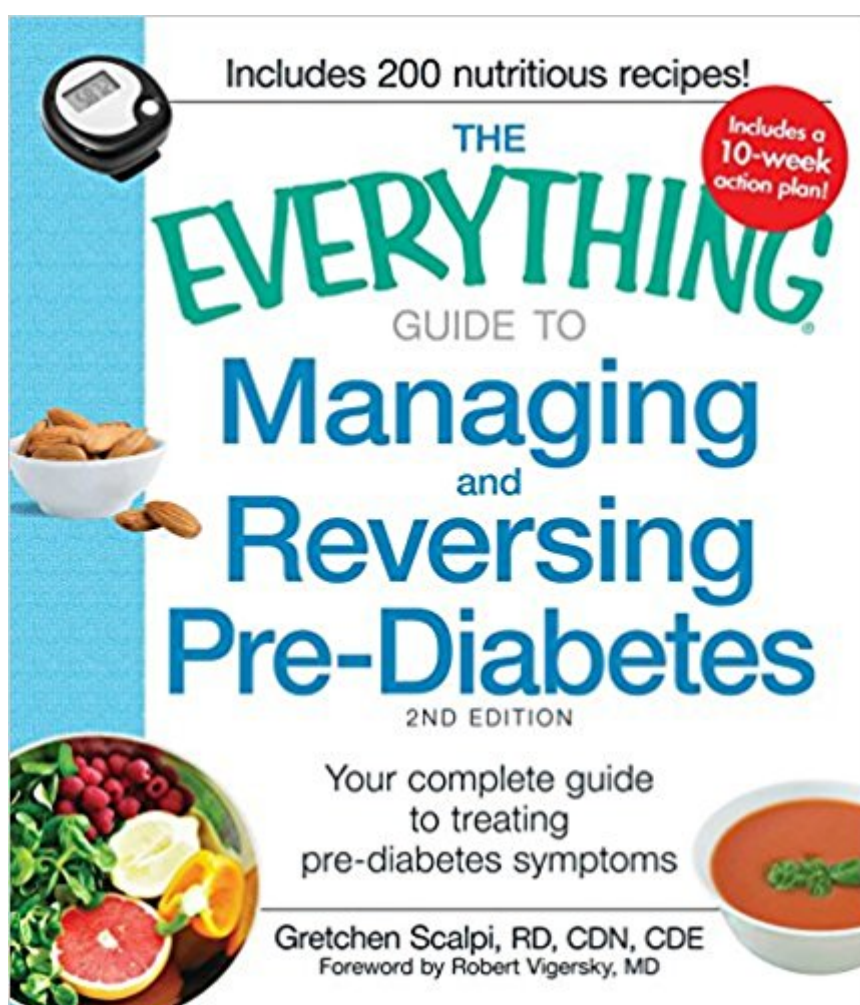


The book was found

The Everything Guide To Managing And Reversing Pre-Diabetes: Your Complete Guide To Treating Pre-Diabetes Symptoms



Synopsis

Your ten-week plan to avoid the onset of diabetes! A diagnosis of pre-diabetes is certainly a wakeup call, but it is not a life sentence of daily medication and having to live without your favorite foods. Managing pre-diabetes is about common sense and moderation, not deprivation. The Everything Guide to Managing and Reversing Pre-Diabetes, 2nd Edition can help you find ways to alter your lifestyle and avoid type 2 diabetes. Inside, you'll find helpful tips on lifestyle changes, along with recipes for delicious, healthy meals your whole family will love, like: Buttermilk pancakes Rich and creamy sausage-potato soup Soy and ginger flank steak Grilled haddock with peach-mango salsa Walnut chicken with plum sauce Kasha-stuffed red peppers Cranberry pecan biscotti Chocolate cheesecake mousse This trusted resource also includes a ten-week plan to help you see results immediately. Certified Diabetes Educator Gretchen Scalpi also provides you with techniques for helping children with pre-diabetes gain control of their health. With this expert guide, you can recognize unhealthy behaviors and eating habits--and stop diabetes in its tracks!

Book Information

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Customer Reviews

Gretchen Scalpi, RD, CDN, CDE is a registered dietician and Certified Diabetes Educator with more than twenty-five years of experience as a nutrition counselor. She served as a contributing reviewer for the 6th edition of Contemporary Nutriti

I think the information they have in there is good. I was just shocked to see that more than half of the book is recipes! I don't mind the recipes. I think they are important. But I would have liked more info about combating insulin resistance and less recipes. Of course, it could mean that the writers feel that the recipes (and eating) are the bulk of the fight against insulin resistance. I've been struggling with it for a few years now, and I'm frustrated beyond belief. Most books echo each other. I feel like I'm missing something major. I can't complain about the info given in this book. It's good, sound information. I just wish there was more of it.

The disease process is given a once-over-lightly approach, but boy, does this ever have a ton of recipes! If that's what you want, this is it for you. If you want things explained a little more, opt for the Dummies book on pre-diabetes.

I was diagnosed with pre-diabetes. I exercise 6 days out of 7, mostly walking, some water aerobics. I have lost 30 pounds and my lab tests are looking much better than they were 6 months ago. I wanted a book to refer to for facts and some recipes as well. This book suited my needs.

I wanted something that went a little deeper into depth, this book wasn't it. It covers the basics only and some recipes.

This has good basic information and many recipes. As other reviews noted, it is primarily a recipe book. It does not include menu plans.

Very helpful! Great information to educate to prevent the big D. Helpful recipes and recommendations of what raises and elevates Glucose levels. I am very happy for this book.

I love the Everything Guide books, they have never disappointed me. This one has been read by several friends, and we all gained a lot of good information from it. It is easy to understand, and definitely a keeper.

A practical guide for those who just found out that they are pre-diabetic. Has good advice and good recipes. Easy to read and easy to understand. Strongly recommend for people with pre-diabetes who don't want complicated books on the subject. It was an easy order, easy delivery. No complications. Good deal as well!

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