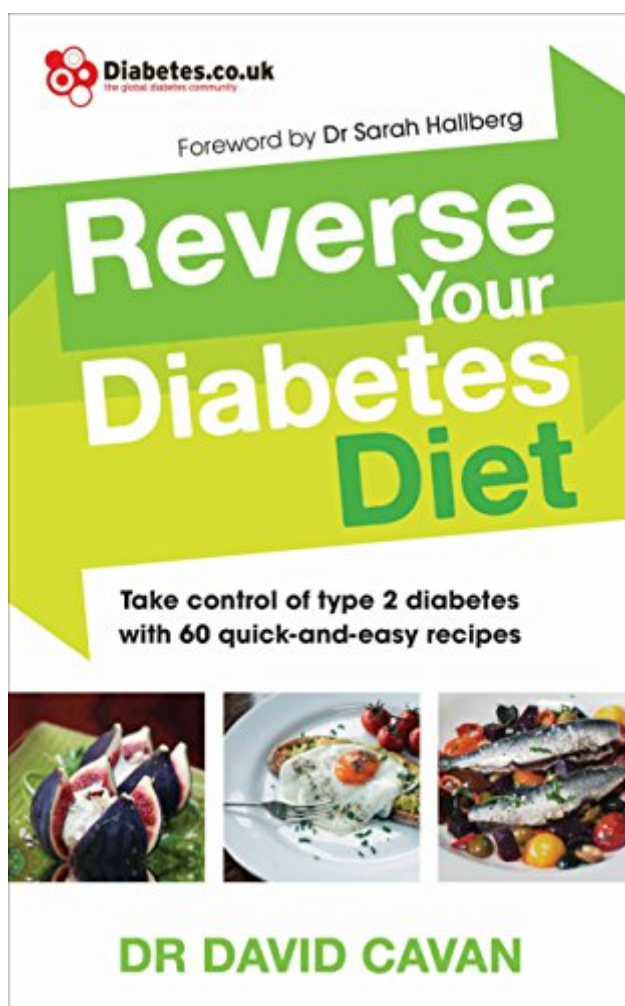


The book was found

Reverse Your Diabetes Diet: The New Eating Plan To Take Control Of Type 2 Diabetes, With 60 Quick-and-easy Recipes



Synopsis

What if you could not only manage your diabetes, but actually reverse it? The Reverse Your Diabetes Diet takes a fresh approach to managing type 2 diabetes. Based on the latest research, this book will provide you with the information you need to modify your diet and achieve stable control of blood glucose levels. Including 60 easy-to-prepare recipes, covering breakfasts, snacks, main meals and even desserts, this book is the perfect guide to nutrition for anyone with type 2 diabetes. With meal plans, food lists and healthy alternatives to your favourite foods, you'll find new ideas for what to make from the ingredients in your shopping basket. Written by diabetes expert Dr David Cavan and in association with diabetes.co.uk, the UK's largest online diabetes community, Reverse Your Diabetes Diet will help you to take control of your diabetes and live healthily for good.

Book Information

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Customer Reviews

Great Item

I was hoping it would have better recipes. I did not find the recipes that attractive. But the rest of the

book is sensible and has good advice.

Good information.

Good book

Very good info and recipes

The book is very good and I'm glad I bought the Kindle edition of it. I am not quite pre-diabetic but am getting close and must do what I can to prevent diabetes. I spent HOURS on the American Diabetic Assn website and did not learn very much. I did learn a lot from this book. I finally understand the "insulin resistance" piece along with other things. Dr. Cavan explains things in a very understandable way. The preface to the book is by Dr. Sarah Hallberg in Indiana. Before you do anything, watch her videos on YouTube. Dr. Cavan is in the United Kingdom (England) and the book is directly primary, of course, to that audience with some explanations for the rest of the world. There are several food names that U.S. readers will not understand (swede is a rutabaga, aubergine is eggplant, courgette is zucchini) and other terms but it kind of made the book interesting to me. The blood glucose monitoring over there is different too. I was lost on that part. I'd love to see a USA Edition of this book just to pave the way and make it easier for people to understand. I didn't mind looking up words (easy on a Kindle or a computer) but some people might be turned off. Overall, a very informative book. About half of the book is recipes and some are for food items that just aren't too popular or in the USA (Mackerel) but there are some good ones.

This book has changed our eating habits. My husband has diabetes type 2 and has followed the diet recommendations in this book of eating foods with fat and less foods with carbs. It really helps to cut back on the carbs, still eat protein, veges and some fruits, but eat foods like avocados and 1/2 & 1/2 in your coffee. The fat gives you the satisfaction for your body and brain and you don't crave the breads, sugars, and corn. I have adopted this eating habit too and I feel much better with my moods almost stabilizing.

One of my favorite books on the topic. The concepts are communicated in a straightforward and clear way. The recipes are appealing. In keeping with the reality orientation, there are no desserts

included. I wish we had more diabetes doctors like this in the United States.

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