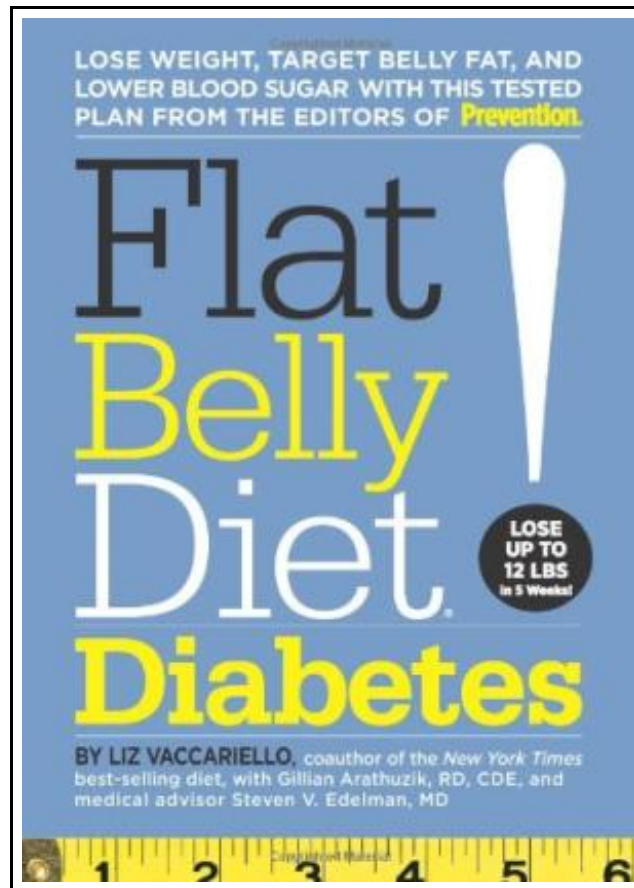


Flat Belly Diet! Diabetes



Filesize: 2.37 MB

Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

FLAT BELLY DIET! DIABETES



Rodale Press. Hardback. Book Condition: new. BRAND NEW, Flat Belly Diet! Diabetes, Liz Vaccariello, Gillian Arathuzik, The magic ingredient behind "The New York Times" best-selling "Flat Belly Diet!" - monounsaturated fatty acids (or MUFAs) - may not only target stubborn belly fat, but may also help treat the underlying cause of type 2 diabetes: insulin resistance. The 5-week program includes a sensible diabetes-friendly diet that teaches readers how to incorporate pasta, chocolate, and other 'forbidden' foods - along with a MUFA at every meal - into over 150 sumptuous, satisfying dishes. "Flat Belly Diet! Diabetes" also includes a gentle walking-based exercise plan, stress reduction exercises, advice on how to work with one's doctor and diabetes management team, and a journal to help track blood sugar. In just 5 weeks, 11 men and women who tried the plan lost as much as 12 pounds, improved their A1c levels, and lowered their cholesterol and blood pressure levels.



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