

## **Say No To Diabetes 10 Secrets To Preventing And Reversing Diabetes**

What to Eat If You Have Diabetes (revised) Nurses' Guide to Teaching Diabetes Self-Management, Second Edition Consumer Health & Nutrition Index Dr. Bernstein's Diabetes Solution Blood Sugar 101 Outsmart Diabetes 1-2-3 Diabetes: The New Type 2 The Low-GL Diet Cookbook 10 Steps to Help Your Child Say "NO" No More Diabetes The Diabetes Breakthrough British Medical Journal Department of Health How Not to Die Diabetes Showdown with Diabetes Fixing Dad Live Like You Have No Diabetes The Obesity Code The Medical Brief Journal of the American Medical Association The EatingWell Diabetes Cookbook: Delicious Recipes and Tips for a Healthy-Carbohydrate Lifestyle Why We Get Sick Eat to Live Food Goodbye Diabetes The Diabetes Code The China Study Say No To Diabetes Medical Record Dr. Neal Barnard's Program for Reversing Diabetes Reversing Diabetes The 80/10/10 Diet Too Sweet The End of Diabetes Wheat Belly The Mind-Body Diabetes Revolution Just Ask! Annals of Internal Medicine Diabetes 101

### **What to Eat If You Have Diabetes (revised)**

#1 New York Times bestselling author Dr. Mark Hyman sorts through the conflicting research on food to give us the skinny on what to eat. Did you know that eating oatmeal actually isn't a healthy way to start the day? That milk doesn't build bones, and eggs aren't the devil? Even the most health conscious among us have a hard time figuring out what to eat in order to lose weight, stay fit, and improve our health. And who can blame us? When it comes to diet, there's so much changing and conflicting information flying around that it's impossible to know where to look for sound advice. And decades of misguided "common sense," food-industry lobbying, bad science, and corrupt food polices and guidelines have only deepened our crisis of nutritional confusion, leaving us overwhelmed and anxious when we head to the grocery store. Thankfully, bestselling author Dr. Mark Hyman is here to set the record straight. In *Food: What the Heck Should I Eat?* -- his most comprehensive book yet -- he takes a close look at every food group and explains what we've gotten wrong, revealing which foods nurture our health and which pose a threat. From grains to legumes, meat to dairy, fats to artificial sweeteners, and beyond, Dr. Hyman debunks misconceptions and breaks down the fascinating science in his signature accessible style. He also explains food's role as powerful medicine capable of reversing chronic disease and shows how our food system and policies impact the environment, the economy, social justice, and personal health, painting a holistic picture of growing, cooking, and eating food in ways that nourish our bodies and the earth while creating a healthy society. With myth-busting insights, easy-to-understand science, and delicious, wholesome recipes, *Food: What the Heck Should I Eat?* is a no-nonsense guide to achieving optimal weight and lifelong health.

### **Nurses' Guide to Teaching Diabetes Self-Management, Second Edition**

Fully updated based on the latest research This new edition of *What to Eat If You Have Diabetes* is an invaluable guide to helping patients, their families, and their caregivers develop an individualized program for stabilizing blood sugar and maintaining an all-around healthy lifestyle. The book features revised diabetes management guidelines, new lab tests, and the latest research on gestational diabetes, hypoglycemia, and insulin resistance. New whole-food diet plans, additional menus and recipes, and instructions for carbohydrate counting are also included.

### **Consumer Health & Nutrition Index**

From around the world, real people with Type 2 diabetes are finding that diet and exercise just might be the best medicine to keep them healthy and happy, despite their disease. No fad diets, no strenuous exercise - just find what works and do it, they say, and they are living proof that it works.

### **Dr. Bernstein's Diabetes Solution**

From the award-winning kitchens of EatingWell come hundreds of easy-to-prepare, full-flavored, satisfying recipes the whole family can enjoy. This multiple award-nominated cookbook that has already become a bible for thousands who have decided to take control of their health by eating mindfully—including those many households where diabetes is an everyday concern. Eating wisely and well is one of our most powerful weapons to help prevent and manage diabetes; it's also a delicious strategy all of us can live by. Rather than pushing drastic eating prescriptions that cut out some foods altogether, *The EatingWell Diabetes Cookbook* gives you a simple blueprint for healthy eating: choosing healthy carbohydrates to keep blood-sugar levels stable, while using good fats and lean protein sources to provide great flavors and freedom from hunger between meals. It summarizes the best of cutting-edge research and adds real-life advice including: beyond low-carb, low-fat: upgrading to healthier carbohydrates and fats • the glycemic index, explained • eating smart in restaurants and while traveling • healthy eating at holidays and parties • strategies for making lifelong change • and much more.

### **Blood Sugar 101**

A guide that cuts through the haze of misinformation and delivers an insightful message to anyone living with or at risk from the following: cancer, diabetes, heart disease, obesity, Alzheimer's disease and /or osteoporosis. Dr Campbell illuminates the connection between nutrition and these often fatal diseases and reveals the natural human diet. He also examines the source of nutritional confusion produced by powerful lobbies, government entities and opportunist scientists. Part medical thriller, part governmental exposé.

## **Outsmart Diabetes 1-2-3**

The Mind-Body Diabetes Revolution is the first book to show how stress, depression, and anger affect blood sugar. It's also the first to provide a proven, step-by-step health program to help the millions of people with diabetes manage their disease. Until now, this life-changing program was available only to patients at Duke University Medical Center, but The Mind-Body Diabetes Revolution makes it available to everyone who needs it -- diabetic people and the millions at risk for developing the disease. Over the past forty years, little has changed in the treatment of type 2 diabetes. Diet, exercise, and medication are still the three primary methods used to control blood sugar. Yet diabetes is reaching epidemic proportions not just in the United States, but also in other countries all over the world. Now, after twenty years of research, Dr. Richard S. Surwit -- a leader in the field of the psychology of diabetes -- adds the vital fourth component to treating diabetes: a revolutionary mind-body program that lowers blood sugar levels and dramatically reduces the disease's serious, damaging side effects, which can include painful nerve damage, heart disease, impotence, eye problems, and kidney ailments. The Mind-Body Diabetes Revolution explains how thoughts and beliefs influence a person's emotions and moods and shows how these can translate into chronic anger, cynicism, anxiety, and depression -- all of which increase your blood sugar level. But, with compelling case studies and a powerfully effective step-by-step six-week program, Dr. Surwit demonstrates how you can learn to manage the emotions and stress that lead to elevated hormones and higher blood sugar levels. After he explains the mind-metabolism connection so that you see how it works in your own body, Dr. Surwit provides self-tests and reflective quizzes to test your personality type and decide on the best -- and easiest -- psychological techniques to help you lower your blood sugar level, and keep it low. Then he helps you develop the best long-term mind-body program for your needs and shows how to use the planner to keep track of your progress. An invaluable aid to your overall well-being, The Mind-Body Diabetes Revolution helps you enlist your own mind and body as powerful allies in controlling your diabetes, and enjoy greater general health as a result.

## **Diabetes: The New Type 2**

A compelling personal account of the struggle with diabetes follows the author from her diagnosis at the age of ten through her progressive debilitation, to her eventual relief from the disease through a pancreas transplant. Reprint.

## **The Low-GL Diet Cookbook**

Originally published in 1997, DR. BERNSTEIN'S DIABETES SOLUTION is a unique resource that covers both adult- and childhood-onset diabetes, explains step-by-step how to normalize blood sugar levels and prevent or reverse complications, and offers detailed guidelines for establishing a treatment plan. Readers will find fifty gourmet recipes, in addition to a

comprehensive discussion of diet, obesity, and new drugs to curb carbohydrate craving and overeating. Now in its fourth edition, the book presents up-to-the-minute information on insulin resistance, blood-testing devices, measuring blood sugar, new types of insulin, gastroparesis and other issues, as well as updated diet guidelines. DR. BERNSTEIN'S DIABETES SOLUTION is the one book every diabetic must own.

### **10 Steps to Help Your Child Say "NO"**

Outlines a nutritional approach to diabetes that claims greater efficacy and fewer complications than that of the American Diabetes Association diet, citing the examples of study participants who successfully improved their ability to respond to insulin, lost weight, and ended medication dependency. Reprint.

### **No More Diabetes**

Description: 25.8 million, this is the number of men, women and children that suffer from this disease in the USA. A full 7% of the population has to learn how to cope with the disease while their parents and spouses have to learn to help them live with it. The sad part about that 20.8 million figure is that 6.2 million of these folks are living with it and are undiagnosed. The cause of the disease has not been definitively determined, what we do know is that it has to do with genetics as well as environmental factors. The war on obesity is being waged and with good reason it seems that obesity plays a huge role in whether a person has diabetes or not, even if the genetic markers are there. What this reports will do is help you understand the risk factors and various treatments of this disease. Since all diabetes is not the same, we will discuss in depth the 4 major types, their symptoms and treatment as well as give you advice on how to limit your chances of contracting the disease. There are several high risk categories that are largely due to lifestyle, we will discuss the changes you can make to keep yourself healthier and diabetes free.

### **The Diabetes Breakthrough**

For the more than 21 million Americans who currently suffer from diabetes, there simply is no other reference that can match the breadth and depth of expertise found here. To prepare this book, the editors of Prevention interviewed dozens of endocrinologists, nutritionists, exercise physiologists, and other health professionals who specialize in diabetes care. Tapping into the wisdom and advice of this "dream team" of diabetes professionals, they have put together an integrated plan of attack to fight the disease on every front. Unlike the vast majority of books on diabetes that zero in on a single component, Outsmart Diabetes 1-2-3 recognizes that diabetes is a multidimensional disease and therefore any effective management plan must take all contributing factors into account. The latest research shows that with a combination of

targeted treatment strategies and sensible lifestyle changes, it is possible to slow—if not stop—diabetes-related decline. Outsmart Diabetes 1-2-3 distills the latest, cutting-edge information on every aspect of diabetes management into a comprehensive three-step program, with each step targeting a key component of optimal diabetes control: - Step 1—Treat and prevent diabetes complications - Step 2—Change the lifestyle factors that can compromise blood sugar balance - Step 3—Build a self-care regimen to safeguard against the disease's long-term effects With Outsmart Diabetes 1-2-3, readers have the knowledge and tools they need to get ahead of diabetes—and stay there for good.

## **British Medical Journal**

## **Department of Health**

Now includes a sneak peek of Undoctored--the new book from Dr. Davis! A renowned cardiologist explains how eliminating wheat from our diets can prevent fat storage, shrink unsightly bulges, and reverse myriad health problems. Every day, over 200 million Americans consume food products made of wheat. As a result, over 100 million of them experience some form of adverse health effect, ranging from minor rashes and high blood sugar to the unattractive stomach bulges that preventive cardiologist William Davis calls "wheat bellies." According to Davis, that excess fat has nothing to do with gluttony, sloth, or too much butter: It's due to the whole grain wraps we eat for lunch. After witnessing over 2,000 patients regain their health after giving up wheat, Davis reached the disturbing conclusion that wheat is the single largest contributor to the nationwide obesity epidemic--and its elimination is key to dramatic weight loss and optimal health. In *Wheat Belly*, Davis exposes the harmful effects of what is actually a product of genetic tinkering and agribusiness being sold to the American public as "wheat"--and provides readers with a user-friendly, step-by-step plan to navigate a new, wheat-free lifestyle. Informed by cutting-edge science and nutrition, along with case studies from men and women who have experienced life-changing transformations in their health after waving goodbye to wheat, *Wheat Belly* is an illuminating look at what is truly making Americans sick and an action plan to clear our plates of this seemingly benign ingredient.

## **How Not to Die**

## **Diabetes**

## **Showdown with Diabetes**

Dr. Doug Graham has taken the increasingly popular and tremendously successful low-fat, plant-based diet and turbo-charged it for unprecedented, off-the-charts results. Eclipsing even the astounding benefits so well documented by renowned health professionals who also advocate low-fat eating, Dr. Graham's plan is the first to present a low-fat diet and lifestyle program based exclusively around whole, fresh, uncooked fruits and vegetables. From effortless body weight management to unprecedented vibrant health and disease reversal to blockbuster athletic performance, The 80/10/10 Diet delivers in ways no other plan can even hope to match. But instead of reading our own tireless advocacy, here are stories of 811 success from around the world.

## **Fixing Dad**

In SAY NO TO DIABETES, nutrition expert Patrick Holford presents a complete action plan for sufferers of Diabetes type 1, Diabetes type 2 and the forerunner of Diabetes 2, Metabolic Syndrome, with motivating case histories and supported by the latest scientific findings. He advises on the causes of the current diabetes problem, explains the 10 secrets for preventing and reversing diabetes and Metabolic Syndrome, and provides an anti-diabetes diet, a daily supplement programme, and advice on how to undo the damage caused by diabetes and diabetes drugs. This easy-to-follow programme will help you regulate out-of-control blood sugar levels safely and effectively, with no dangerous side effects.

## **Live Like You Have No Diabetes**

## **The Obesity Code**

From acclaimed author Dr. Jason Fung, a revolutionary guide to reversing diabetes. Dr. Jason Fung forever changed the way we think about obesity with his best-selling book, The Obesity Code. Now he has set out to do the same for type 2 diabetes. Today, most doctors, dietitians, and even diabetes specialists consider type 2 diabetes to be a chronic and progressive disease—a life sentence with no possibility of parole. But the truth, as Dr. Fung reveals in this paradigm-shifting book, is that type 2 diabetes is reversible. Writing with clear, persuasive language, he explains why conventional treatments that rely on insulin or other blood-glucose-lowering drugs can actually exacerbate the problem, leading to significant weight gain and even heart disease. The only way to treat type 2 diabetes effectively, he argues, is proper dieting and intermittent fasting—not medication. Dr. Jason Fung forever changed the way we think about obesity with his best-selling book, The Obesity Code. Now he has set out to do the same for type 2 diabetes. Today, most doctors, dietitians, and even diabetes

specialists consider type 2 diabetes to be a chronic and progressive disease—a life sentence with no possibility of parole. But the truth, as Dr. Fung reveals in this paradigm-shifting book, is that type 2 diabetes is reversible. Writing with clear, persuasive language, he explains why conventional treatments that rely on insulin or other blood-glucose-lowering drugs can actually exacerbate the problem, leading to significant weight gain and even heart disease. The only way to treat type 2 diabetes effectively, he argues, is proper dieting and intermittent fasting—not medication.

### **The Medical Brief**

As Americans have grown in size, the incidence of diabetes has increased to epidemic proportions, so that what was once an uncommon disease now seems to be everywhere. According to the American Diabetes Association, 25.8 million adults and children in the United States currently suffer from diabetes—that's 8.3 percent of the population. Gary Null teaches that we each have the power to control diabetes through nutrition and dietary regimens, exercise, mental composure, and healthy living habits. Through cutting-edge research and clear instruction, Gary Null empowers readers to take control of their health without the use of drugs. Did you know that ginseng and aloe vera help to normalize blood glucose levels? Have you considered how vaccines may be contributing to the rise in diabetes among children? No More Diabetes offers surprising information that could save your life, along with practical advice for becoming the healthiest version of yourself. In addition, readers will find tips for convincing a loved one with diabetes to take charge of his or her weight; recipes to make healthy eating fun and appealing; and input from several other experts, including Dr. Martin Feldman, a pioneer in complementary medicine, and award-winning Dr. Richard Brown, who discusses how stress contributes to diabetes.

### **Journal of the American Medical Association**

### **The EatingWell Diabetes Cookbook: Delicious Recipes and Tips for a Healthy-Carbohydrate Lifestyle**

Three years ago, Geoff Whittington was overweight, overworked and resigned to a premature death from a catalogue of health conditions. His two sons stepped in with a radical diet and fitness regime, based on the latest scientific research. In the next six months, Geoff lost 5 stone and reversed his diabetes. He went from being an obese, barely mobile night-time security guard to a fighting-fit endurance cyclist. Best of all, he got back his motivation and enjoyment of life. In this book, the Whittingtons show you how they did it and share their simple diet and fitness plan to enable you to do it too.

### **Why We Get Sick**

Why WAIT? In this groundbreaking book, diabetes and weight management expert Osama Hamdy, M.D., Ph.D., reveals how you can reverse the course of your type 2 diabetes, lose weight for good and finally reclaim your health—in just 12 weeks! Dr. Hamdy is at the forefront of cutting-edge clinical research conducted at Joslin Diabetes Center, an affiliate of Harvard Medical School. For the first time, he shares those scientific breakthroughs in a usable and doable step-by-step 12-week plan based on the successful Why WAIT (Weight Achievement and Intensive Treatment) program he conducts at Joslin. And with the professionally formulated exercise plans fine-tuned by Dr. Sheri Colberg, an exercise physiologist and renowned diabetes fitness expert, you'll not only get results but keep them. With the Why WAIT program, Dr. Hamdy and his Joslin team have helped hundreds of patients:

- Break free from the pill bottle. It is possible to cut your medications by 50-60%—or even stop them altogether!
- Stop fearing the scale. Learn how to safely lose—and keep off—those 10, 20 or even 50 plus pounds that are holding you back from a healthy life.
- Never dread exercise again. Tailor your exercise plan to the way you really live and work, so you can get results without being a slave to the gym.
- Make it easy. The dozens of checklists, goal worksheets and real-life success stories in this book will keep you motivated to make smart decisions, even on the busiest days. So don't settle for a diabetes diagnosis. Shed the pounds, toss the medications and conquer your diabetes, once and for all.

### **Eat to Live**

The percentage of the population diagnosed with diabetes doubled between 1994 and 2009 and is continuing to increase which could have a significant impact on NHS resources. Too many diabetic people are developing complications because they are not receiving the straightforward care and support they need. The Department estimates that 24,000 people with diabetes die prematurely each year because their diabetes has not been managed effectively and it's estimated 80% of the costs of diabetes in the NHS are attributable to the treatment and management of serious, yet avoidable, diabetic complications. These costs will continue to increase as the number of diabetic people rises as will premature deaths. The National Service Framework for Diabetes, 2001 set out minimum standards for good diabetes care, including nine basic care processes which check for the early signs of avoidable diabetic complications as well as treatment targets for the management of blood glucose, blood pressure and cholesterol to minimise the risk of diabetic complications developing. Progress in delivering these standards of care and in achieving treatment targets has been poor. There is no strong national leadership, no effective accountability arrangements for commissioners, and no appropriate performance incentives for providers. The Committee saw no evidence that the Department will ensure that these issues are addressed effectively in the new NHS structure. Variation in the level of progress across the NHS also means that there is an unacceptable "postcode lottery" of care

### **Food**

It is possible to manage and even reverse diabetes through natural means, and in *Reversing Diabetes*, Dr. Colbert shows you how. Most people view diabetes as a dead-end street. Once you receive a diabetes diagnosis, your only option is to manage the symptoms with a restricted diet, close monitoring of blood sugar, and expensive medications. Dr. Colbert shows that diabetes can be treated instead through safe, natural means, like healthy food and vitamins rather than strictly relying on prescription drugs. He shows you how to manage your weight and your glucose intake with a whole-body approach, using nutritional supplements along with dietary and lifestyle changes to lose weight, repair cell damage, improve insulin function, and reduce the side effects from prescription drugs, many of which rob nutrients from the body and cause additional symptoms. Based on the same life-changing principles of the low-glycemic, high-fiber eating plan provided in Dr. Colbert's New York Times best-selling book, Dr. Colbert's "I Can Do This" Diet, this book adapts that plan in a way that makes it ideal for diabetics who need to manage their glucose levels and their weight. "Siloam, an imprint of Charisma House Book Group, is the leader in the Christian health and fitness genre, with several best-sellers including Don Colbert's *The Bible Cure* series." --Christian Retailing "Physician Don Colbert Preaches The Gospel Of Good Nutrition, Advising His Patients To Follow In The Footsteps Of One Of History's Better-known Role Models." --Orlando Sentinel

### **Goodbye Diabetes**

Everything you believe about how to lose weight is wrong. Weight gain and obesity are driven by hormones—in everyone—and only by understanding the effects of insulin and insulin resistance can we achieve lasting weight loss. In this highly readable and provocative book, Dr. Jason Fung sets out an original, robust theory of obesity that provides startling insights into proper nutrition. In addition to his five basic steps, a set of lifelong habits that will improve your health and control your insulin levels, Dr. Fung explains how to use intermittent fasting to break the cycle of insulin resistance and reach a healthy weight—for good.

### **The Diabetes Code**

When Mehmet O or any of New York's leading doctors have a patient whose life depends on losing weight, they call on Joel Fuhrman, M.D. In *EAT TO LIVE*, Dr. Fuhrman offers his healthy, effective, and scientifically proven plan for shedding radical amounts of weight quickly, and keeping it off. Losing weight under Dr. Fuhrman's plan is not about will power, it is about knowledge. The key to this revolutionary diet is the idea of nutrient density, as expressed by the simple formula,  $\text{Health} = \frac{\text{Nutrients}}{\text{Calories}}$ . When the ratio of nutrients to calories is high, fat melts away and health is restored. Losing 20 pounds in two to three weeks is just the beginning. The more high-nutrient food Dr. Fuhrman's patients consume, the more they are satisfied with fewer calories, and the less they crave fat and high-calorie foods. Designed for people who must lose 50 pounds or more in a hurry, *EAT TO LIVE* works for every dieter, even those who want to lose as little as 10 pounds quickly.

No willpower required-just knowledge!

## **The China Study**

The New York Times bestselling author of Eat to Live and Super Immunity and one of the country's leading experts on preventive medicine offers a scientifically proven, practical program to prevent and reverse diabetes—without drugs. At last, a breakthrough program to combat the rising diabetes epidemic and help millions of diabetics, as well as those suffering with high blood pressure and heart disease. Joel Fuhrman, M.D. Research director of the Nutritional Research Foundation, shows you how to live a long, healthy, and happy life—disease free. He offers a complete health transformation, starting with a diet with a high nutrient-per-calorie ratio that can be adapted for individual needs. Dr. Fuhrman makes clear that we don't have to "control" diabetes. Patients can choose to follow better nutritional guidelines that will control it for them, even before they have lost excess weight. The end result is a medical breakthrough—a comprehensive reversal of the disease.

## **Say No To Diabetes**

From the physician behind the wildly popular NutritionFacts website, How Not to Die reveals the groundbreaking scientific evidence behind the only diet that can prevent and reverse many of the causes of disease-related death. The vast majority of premature deaths can be prevented through simple changes in diet and lifestyle. In How Not to Die, Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of NutritionFacts.org, examines the fifteen top causes of premature death in America—heart disease, various cancers, diabetes, Parkinson's, high blood pressure, and more—and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives. The simple truth is that most doctors are good at treating acute illnesses but bad at preventing chronic disease. The fifteen leading causes of death claim the lives of 1.6 million Americans annually. This doesn't have to be the case. By following Dr. Greger's advice, all of it backed up by strong scientific evidence, you will learn which foods to eat and which lifestyle changes to make to live longer. History of prostate cancer in your family? Put down that glass of milk and add flaxseed to your diet whenever you can. Have high blood pressure? Hibiscus tea can work better than a leading hypertensive drug—and without the side effects. Fighting off liver disease? Drinking coffee can reduce liver inflammation. Battling breast cancer? Consuming soy is associated with prolonged survival. Worried about heart disease (the number 1 killer in the United States)? Switch to a whole-food, plant-based diet, which has been repeatedly shown not just to prevent the disease but often stop it in its tracks. In addition to showing what to eat to help treat the top fifteen causes of death, How Not to Die includes Dr. Greger's Daily Dozen—a checklist of the twelve foods we should consume every day. Full of practical, actionable advice and surprising, cutting edge nutritional science, these

doctor's orders are just what we need to live longer, healthier lives.

## **Medical Record**

### **Dr. Neal Barnard's Program for Reversing Diabetes**

A scientist reveals the groundbreaking evidence linking many major diseases, including cancer, diabetes, and Alzheimer's disease, to a common root cause—insulin resistance—and shares an easy, effective plan to reverse and prevent it. We are sick. Around the world, we struggle with diseases that were once considered rare. Cancer, heart disease, Alzheimer's disease, and diabetes affect millions each year; many people are also struggling with hypertension, weight gain, fatty liver, dementia, low testosterone, menstrual irregularities and infertility, and more. We treat the symptoms, not realizing that all of these diseases and disorders have something in common. Each of them is caused or made worse by a condition known as insulin resistance. And you might have it. Odds are you do—over half of all adults in the United States are insulin resistant, with most other countries either worse or not far behind. In *Why We Get Sick*, internationally renowned scientist and pathophysiology professor Benjamin Bikman explores why insulin resistance has become so prevalent and why it matters. Unless we recognize it and take steps to reverse the trend, major chronic diseases will be even more widespread. But reversing insulin resistance is possible, and Bikman offers an evidence-based plan to stop and prevent it, with helpful food lists, meal suggestions, easy exercise principles, and more. Full of surprising research and practical advice, *Why We Get Sick* will help you to take control of your health.

## **Reversing Diabetes**

Feeling different, especially as a kid, can be tough. But in the same way that different types of plants and flowers make a garden more beautiful and enjoyable, different types of people make our world more vibrant and wonderful. In *Just Ask*, United States Supreme Court Justice Sonia Sotomayor celebrates the different abilities kids (and people of all ages) have. Using her own experience as a child who was diagnosed with diabetes, Justice Sotomayor writes about children with all sorts of challenges--and looks at the special powers those kids have as well. As the kids work together to build a community garden, asking questions of each other along the way, this book encourages readers to do the same- When we come across someone who is different from us but we're not sure why, all we have to do is *Just Ask*.

## **The 80/10/10 Diet**

## **Too Sweet**

Born with a hatred of needles and a love of sweets, Laura Kronen shares a wide variety of personal insights relating to the diabetic life. They are often comforting and sometimes embarrassing, but always brutally honest.

## **The End of Diabetes**

The Low-GL Diet Cookbook is perfect for everyone who wants to lose weight quickly yet still enjoy great-tasting food. It features a range of recipes that do not raise your blood sugar quickly and hence have a low glycemic load, or GL. Based on the latest research, top nutritionist Patrick Holford explains that by having no more than 40 GLs a day and eating protein with carbohydrate, you can not only lose weight quickly and permanently but also improve your health and feel truly energised. The book is packed with delicious tried-and-tested recipes that are both easy to follow and simple to prepare. The GL of each recipe is clearly calculated for you, so it's easy to stick to your daily limit, and with menu plans and recipes for both weight-loss and maintenance, The Low-GL Diet Cookbook will enable you to beat cravings and lose weight permanently.

## **Wheat Belly**

This is an optimistic and empowering approach to the daunting task of teaching diabetes patients to care for themselves. Written by a highly respected diabetes educator who has suffered with diabetes for 25 years, the guide provides the clinical and personal expertise that will help nurses and other health professionals to successfully teach diabetes self-management and compliance to adults, children, adolescents, and parents. The book contains a vast reservoir of information ranging from a thorough overview of diabetes and the physical and emotional toll of living with the disease to number of teaching and motivating strategies that health care professionals can use to create individualized approaches to teaching self-management skills. The guide provides up-to-date information on drug therapies, nutrition management, exercise, chronic complications, glycemic control, diabetes in children, adolescents, and adults, diabetes in adults with special needs or mental illness, and diabetes noncompliance. Addressing the most important and current topics necessary for successful self-regulation and maintenance of diabetes, this innovative desk reference provides a quick guide and instructional tool for nurses and other health professionals who interact with diabetics. This new edition provides: Clinical guidance and expertise to successfully teach diabetes self-management to adults, adolescents, and children The clinical expertise of a leading diabetes educator and the hard-earned personal wisdom of an author who has suffered with diabetes for 25 years A new chapter on chronic complications that describes a multitude of helpful new treatments A greatly expanded section on nutrition and exercise Thoroughly updated chapters A "must read" chapter on noncompliance, including why this occurs

and how to prevent it

## **The Mind-Body Diabetes Revolution**

An up-to-the minute, whole-life guide to living with and managing type 2 diabetes, the fastest-growing form of the disease in the United States and around the world. With 1.5 million new cases diagnosed each year, diabetes is a certified American epidemic—7 percent of the U.S. population will be diagnosed with diabetes in their lives, with type 2 diabetes the fastest-growing form of the disease. In *Diabetes: The New Type 2*, a registered nurse specializing in diabetic ailments and two diabetes educators (two of whom are diabetics themselves) deliver medical and lifestyle advice with good humor, high energy, and straight talk. This update of their classic *Diabetes Type 2 and What to Do* is filled with essential information on the latest developments in leading a healthy, happy life with type 2 diabetes. Learn about the basics of maintaining good physical and emotional health, the most current diabetes studies and information, as well as:

- Breakthroughs in medication, diet, and exercise to maintain healthy glucose levels
- Lowering your risk for heart attacks, strokes, and other diabetes-related health conditions
- Caring for children with type 2 diabetes
- Diabetes and Alzheimer's, and much more

An invaluable resource, *Diabetes: The New Type 2* is a high-energy, user-friendly approach to one of the most prevalent health issues of our time.

## **Just Ask!**

## **Annals of Internal Medicine**

## **Diabetes 101**

Based on the award winning Bloodsugar101.com web site, this book explains what peer-reviewed research published in top medical journals has to say about: What is a normal blood sugar? How does diabetes develop? What really causes diabetes? What blood sugar levels cause complications? Must you deteriorate? What diet is right for you? How can you make that diet work? What medications are safe? What supplements lower blood sugar? Written in clear and understandable language, this book provides all the tools needed to understand how blood sugar works and achieve blood sugar health.

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