



The Diabetes Miracle: 3 Simple Steps to Prevent and Control Diabetes and Regain Your Health . . . Permanently

Diane Kress

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From the "New York Times" best-selling author of "The Metabolism Miracle", this is a breakthrough carb-controlled diet for the prevention and management of type 2 diabetes - more effective than the ADA program. Diane Kress' "New York Times" bestselling "The Metabolism Miracle" is a phenomenally popular approach to weight loss. Now, she offers her breakthrough diet for the prevention and management of type 2 diabetes and prediabetes - as well as the precursor condition "Metabolism B" - with minimal to no need for medications. When Kress - a registered dietician and certified diabetes educator - herself developed type 2 diabetes, she realized that the "status quo" nutrition programs just didn't work. She then set out on her own research. The result is her 3-step, scientifically based, carb controlled program that's easier to follow and more effective than any other. The American Diabetes Association recommends a meal plan that's 50 to 55 per cent carbohydrate-which eventually can only lead to pancreas burnout and insulin resistance. In contrast, the first phase of "The Diabetes Miracle" recommends a limitation of carbs in any 5 hour period-allowing the pancreas to "rest, reset and retrain" itself to react normally to blood glucose changes and decrease insulin resistance. The book provides clear and understandable details about the disease itself, the newest parameters for diagnosis, the latest medications, blood glucose testing, preventing complications, the use of insulin, diet and exercise, tricks of the trade for blood sugar control, and many real life case studies, along with pages of helpful Q & A. The author is herself a type 2 diabetic who devised a program to control her disease without medication, and her clear and compassionate approach coupled with her expertise on the subject will change the way readers perceive, prevent, and treat this condition. There is no other book that takes a complicated, frustrating, and potentially fatal disease like type 2 diabetes, discusses it in terms everyone can understand, and shows the way to control it permanently.

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