



Reverse Diabetes Forever: Your Ultimate Guide to Controlling Your Blood Sugar

Editors of Reader's Digest

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The only guide you'll ever need to mastering diabetes, once and for all. In this comprehensive book, you'll find the latest science and expert advice that enables you-at long last-to take control. You'll learn how to shop, cook, and eat. Learn how to transform your favorite comfort foods into delectable, diet-friendly meals (your family won't know you've changed a thing) that'll get you out of the kitchen-fast. Plus, you'll discover more than 50 quick, easy, exciting recipes so that you'll never be bored at mealtime again. More good news: You'll find all your favorite foods on your new plan-from satisfying stews and casseroles, to exciting new side dishes (yes, even French fries!) to luscious, show stopping desserts.

Beyond learning to eat well, defeating diabetes means learning how to be more active. It's easier than you think! You'll learn how to integrate movement into your daily activities with simple, expert tips. Then cherry-pick from our menu of easy exercises until you've created a 15-minute workout that will tone and strengthen you all over. Within a couple of weeks, you'll find the energy you thought you'd lost forever- and surprise! Your blood sugar numbers will start creeping back down.

What's more, you'll come to understand what an insidious partner stress can be. It actually raises blood sugar and lowers your mood, making eating and moving more healthfully a nearly insurmountable challenge. So you'll learn how to defeat stress with smart tips for sleeping more soundly (sleep is the top stress-busting secret of all time). You'll also find scores of smart new tips for putting a limit on your daily stresses.

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Robert Russell:

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Edward Doucet:

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