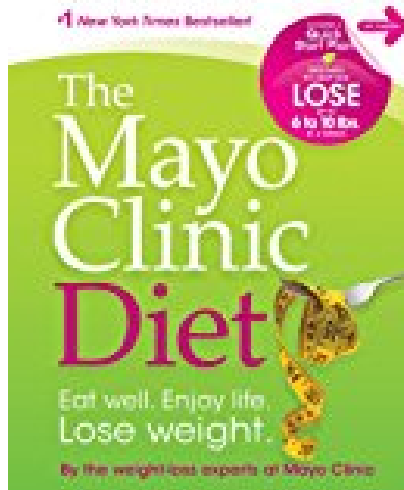


The Mayo Clinic Diet Eat well Enjoy Life Lose Weight



BOOK DETAILS

- Author : the weight-loss experts at Mayo Clinic
- Pages : 256 Pages
- Publisher : Da Capo Lifelong Books
- Language : English
- ISBN : 1561486760

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BOOK SYNOPSIS

Perhaps you've had diabetes for years. Maybe your doctor only recently told you that you have diabetes. Or you've learned that you're at risk of diabetes due to factors such as family history or being overweight. In any of these cases, you're concerned about your future. Take a deep breath and relax. Yes, diabetes is a serious diagnosis, but it's a disease you can control. Mayo Clinic has been studying diabetes, and successfully treating people with diabetes, for decades. Now we're putting our top recommendation—the single most effective step you can take to improve your condition—directly into your hands. The Mayo Clinic Diabetes Diet is a weight-loss program designed to help you safely lose weight to improve and control your blood sugar. Many Mayo doctors and dietitians have lent their expertise toward helping you in the pages of this book. You'll learn how to take advantage of these life-changing benefits, as thousands of Mayo Clinic patients are already doing... • Lose weight and improve your blood sugar in just days with a two-week quick-start plan. • Continue losing weight and keep it off with guidance from Mayo Clinic doctors and dietitians, plus the healthy cooking advice of the food and recipe experts at Good Books. • Learn the one trait that most people who lose over 30 pounds and keep it off for five years have in common. • Take advantage of page after page of meal planners, recipes, tips on overcoming challenges and much more. If your idea of having diabetes means going on a "restrictive diet," you'll especially like the positive approach of this book. While it's true that having diabetes requires changes in your life, this book is all about adding good things to your life, not saddling you with restrictions and limitations. Download your copy today and put this good news to work in your life right away!

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