

The Everything Guide To Managing And Reversing Pre-diabetes - Gretchen Scalpi

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You can prevent type 2 diabetes--starting today! A pre-diabetes diagnosis is a wake-up call. And with The Everything Guide to Managing and Reversing Pre-Diabetes, you can make the lifestyle changes you need to ensure good health. Certified Diabetes Educator and Registered Dietician Gretchen Scalpi provides helpful tips not only on what to eat and when, but how to prepare delicious, healthy meals such as: Honey Oat Bran Bread; Hearty Beef Stew; Cold Roasted Red Pepper Soup; Chipotle Chicken Wrap; Chocolate Cheesecake Mousse; and more. This trusted resource also includes a ten-week plan to help you start seeing results immediately. Reversing a diagnosis can be daunting, but with this guide you will learn to take the process one step--and one meal--at a time. Author: Scalpi, Gretchen Publisher: Adams Media Illustration: N Language: ENG Title: The Everything Guide to Managing and Reversing Pre-Diabetes Pages: 00304 (Encrypted PDF) On Sale: 2010-12-31 SKU-13/ISBN: 9781440509858 Category: Health & Fitness : Diseases - Diabetes

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