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

By Diane Kress

Da Capo Lifelong Books. Paperback. Book Condition: New. Paperback. 368 pages. Dimensions: 8.9in. x 6.5in. x 1.5in. 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...



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