



Defeating Diabetes

Brenda Davis, Tom Barnard

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Scientists now know that diet and lifestyle can have a positive effect on type 2 diabetes! Dr. Tom Barnard and Brenda Davis, RD, (the author of several books on diet and health) offer real hope by showing how your health can be vastly improved or, in some cases, completely restored by making lifestyle changes.

This book offers the practical steps you need to take to construct a diet and lifestyle that really works.

The diet that works best to defeat diabetes is based on simple, whole foods. Included are meal menus using whole grains and legumes, nutrition content of selected foods, long with basic shopping list sa and over 50 delicious recipes to get you started.

Also includes a daily self-care checklist that addresses the essentials of living well: physical fitness, sleep, sexual fitness, and emotional health.

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