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Carol Guber's Type 2 Diabetes Life Plan: Take Charge, Take Care and Feel Better Than Ever (Paperback)

By Carol S. Guber

Broadway Books (A Division of Bantam Doubleday Dell Publishing Group Inc), United States, 2003. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book ***** Print on Demand *****. If you've been diagnosed with type 2 diabetes, you're probably concerned about a host of health issues and may already be thinking of the coming dietary changes. As your doctor probably explained, a good eating plan, low weight, and an active lifestyle are among the most important factors in limiting the disease's impact and in continuing to live a full and healthy life. But you don't know where to begin. Enter Carol Guber, a twenty-year veteran of the food industry who holds a master's in nutrition and is a nationally recognized authority on food and nutrition. When she was diagnosed with type 2 diabetes, she refused to accept the diagnosis lying down. Realizing that she was going to have to approach life in a new and vibrant fashion, Carol launched herself into what she describes as guerilla warfare against diabetes. She knew she was in for some changes, having been accustomed to gourmet meals and the finest, richest foods. And she also...


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