



Dr Dawn's Guide to Healthy Eating for Diabetes

Dr. Dawn Harper

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Diabetes is common and can have tragic consequences if left untreated. The good news is that Type 2 diabetes is preventable and to a certain extent reversible if we follow the right diet. Delicious rather than deprivation is the keynote here, though, and this book includes tasty recipes from a chef! Dr Dawn explains the different types of diabetes - types 1 and 2, and late onset, and what we mean by terms like insulin resistance and metabolic syndrome. She traces the epidemic progress of type 2 diabetes in recent years, and discusses how the lines between type 2 and 1 are becoming increasingly blurred. This book also covers our dietary needs at different stages of life, how metabolism differs, and how even modest weight loss can affect the risk of developing severe illness eg heart disease.

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