



The Diabetes Solution: How to Control Type 2 Diabetes and Reverse Prediabetes Using Simple Diet and Lifestyle Changes--with 100 Recipes

Jorge R. Rodriguez MD, Susan Wyler RDN

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In *The Diabetes Solution*, Dr. Jorge Rodriguez and dietitian nutritionist Susan Wyler tell you everything you need to know about this increasingly common disease—from diagnosis to treatment—including the difference between prediabetes and diabetes, ways to prevent serious complications, and the most effective medications and when to start taking them. Many studies prove that a minor weight loss of 5 to 7 percent can make a huge difference in blood sugar levels and diabetic status—an easily achievable goal with *The Diabetes Solution's* simple diet plan based on the latest scientifically validated information. The Blood Sugar Budget, a point-based program developed specifically for controlling blood sugar, tells you exactly what to eat and when. The book also features recipes for one hundred tasty dishes that control carb consumption, limit calories, and encourage weight loss. This comprehensive yet accessible guide will show you how to diminish stress, exercise smart, and eat surprisingly well while reducing permanent damage and eliminating future complications. Whether you're newly diagnosed or have been told you're at risk, *The Diabetes Solution* will help you take control of your health.

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