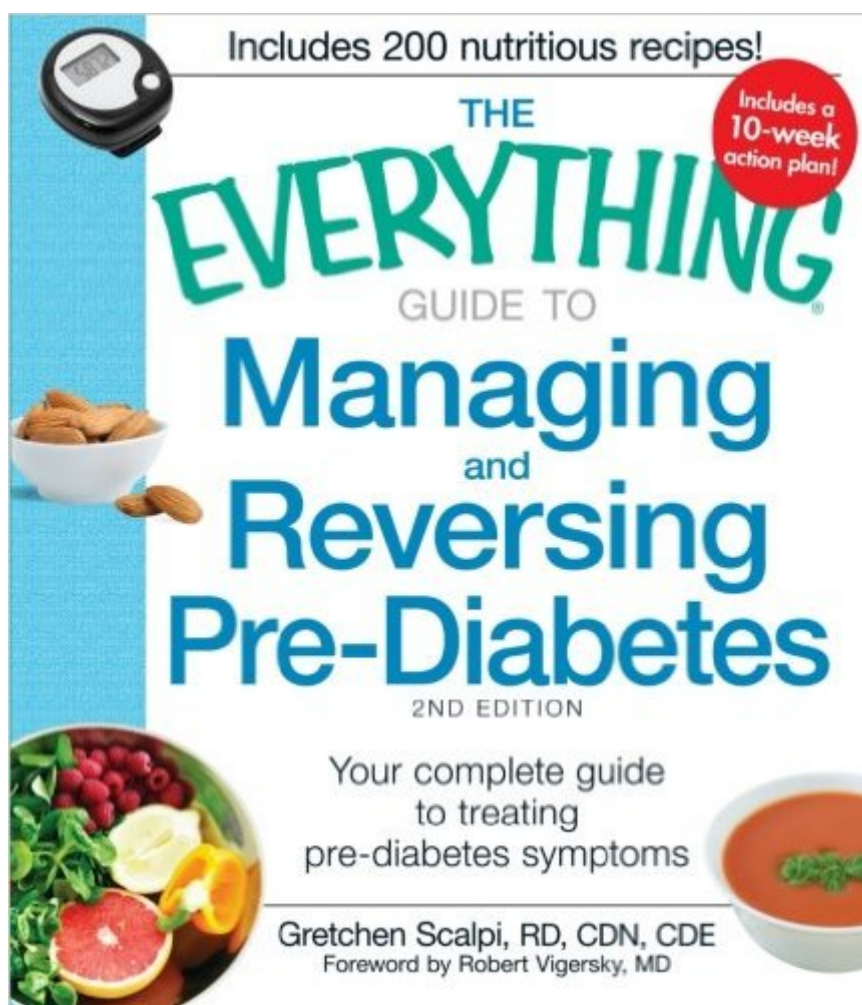


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# The Everything Guide To Managing And Reversing Pre-Diabetes: Your Complete Guide To Treating Pre-Diabetes Symptoms



## Synopsis

Your ten-week plan to avoid the onset of diabetes! A diagnosis of pre-diabetes is certainly a wakeup call, but it is not a life sentence of daily medication and having to live without your favorite foods. Managing pre-diabetes is about common sense and moderation, not deprivation. The Everything Guide to Managing and Reversing Pre-Diabetes, 2nd Edition can help you find ways to alter your lifestyle and avoid type 2 diabetes. Inside, you'll find helpful tips on lifestyle changes, along with recipes for delicious, healthy meals your whole family will love, like: Buttermilk pancakes Rich and creamy sausage-potato soup Soy and ginger flank steak Grilled haddock with peach-mango salsa Walnut chicken with plum sauce Kasha-stuffed red peppers Cranberry pecan biscotti Chocolate cheesecake mousse This trusted resource also includes a ten-week plan to help you see results immediately. Certified Diabetes Educator Gretchen Scalpi also provides you with techniques for helping children with pre-diabetes gain control of their health. With this expert guide, you can recognize unhealthy behaviors and eating habits--and stop diabetes in its tracks!

## Book Information

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## Customer Reviews

I was diagnosed with pre-diabetes. I exercise 6 days out of 7, mostly walking, some water aerobics. I have lost 30 pounds and my lab tests are looking much better than they were 6 months ago. I wanted a book to refer to for facts and some recipes as well. This book suited my needs.

This book was very disappointing. From page 49 to 271 was all recipes! I didn't want a cookbook! And a whole chapter on baking bread and muffins? I don't think so. I won't be doing that! So only minimal information about the condition. The 10-week action plan turned out to be less than 4 1/2 pages at the end of the book. I wanted help and encouragement about what to do now that I know I have this problem. This book would be good for someone with absolutely no knowledge about pre-diabetes and who is still eating KFC and hamburgers and fries every day and not getting exercise and needs to learn that that's not okay.

Ok... If you know NOTHING about pre-diabetes or diabetes at all, this is the book for you. It is a lot of introductory info. Which is good. It's fairly current... 2013... some of the other books I purchased were from 2009 or later and there HAS been some new info since then. The recipes included were actually interesting. And I don't say that about many recipes. Some innovative food ideas, at least for me! Honestly, of the 3 books I purchased to learn about pre-diabetes, this one was my favorite probably because of the recipes and food organization ideas. I also think it is a good place to start if you are just beginning your research. Best wishes to all!

This book is more about the recipes than detailed information about pre-diabetes. If you need a diabetes or pre-diabetes cook book than buy that specifically.

I love the Everything Guide books, they have never disappointed me. This one has been read by several friends, and we all gained a lot of good information from it. It is easy to understand, and definitely a keeper.

This is an easy to read, easy to understand book detailing how people can reverse Pre-Diabetes. With millions of people in the category of Pre-Diabetes, and not knowing they are even IN that category, I would seriously love to see this book put in the hands of each one of those people. Just a few simple changes in lifestyle can make such a huge difference. All that is laid out here in a pleasant format anyone can figure out. Doctor's often don't have the time to teach their patients the importance of the changes they are asking their patients to make. Insurance companies are often not covering the cost of education, or allow as little as 1 hour of education in a lifetime of coverage!! Certified Diabetes Educators are often not available except in large medical groups or hospitals. While this wonderful book is not a substitute for face-to-face education, it is a wonderful resource! Margaret Stevens, RN, CDE

I think the information they have in there is good. I was just shocked to see that more than half of the book is recipes! I don't mind the recipes. I think they are important. But I would have liked more info about combating insulin resistance and less recipes. Of course, it could mean that the writers feel that the recipes (and eating) are the bulk of the fight against insulin resistance. I've been struggling with it for a few years now, and I'm frustrated beyond belief. Most books echo each other. I feel like I'm missing something major. I can't complain about the info given in this book. It's good, sound information. I just wish there was more of it.

When my 20 year old was diagnosed with pre-diabetes in the summer we really needed a resource to get our heads around the issues. This book has been a life saver and provided us with accessible plan and recipes. I am happy to say it puts in the issues and the plan in to understandable context and actions. While we have yet to follow everything as the trauma of the diagnosis was hard for my son, we will come back to it and follow the format more comprehensively. We have used the book as a talking point and it has worked as the foundation for his program for health. I am pleased to say he has had great success and has started to reverse the diagnosis.

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