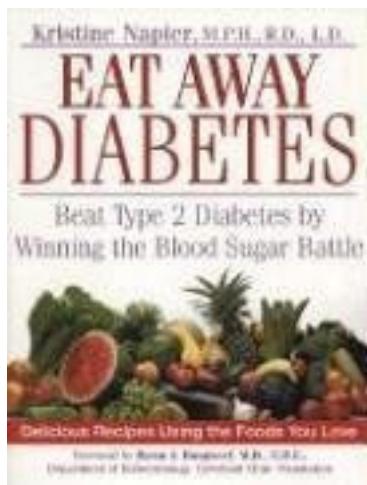


# How to Eat away Diabetes



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著者:Napier

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An estimated 14 to 15 million Americans suffer from type II diabetes and many are young people. Referred to as "the silent killer," type II diabetes is at epidemic proportions in this country. Complications caused by this disease make it the seventh leading cause of death in America. In *How to Eat Away Diabetes*, Kristine Napier offers a simple, straightforward program to help people eat smart, eat well, and, best of all, eat delicious meals that will significantly lower their risk of this disease. Moreover, Napier offers those who already have type 2 diabetes, or all the signs of it, the information they need to bring it under control. Throughout the book, she delves into the most up-to-date medical findings and clears up much of the confusion that surrounds diabetes and how to treat it. She includes:

- A month's worth of menus at eight different calorie levels
- A "diabetes-fighters' shopping list"
- 75 gourmet-tasting recipes that are easy to prepare
- An authoritative guide to the many "diabetes-fighting supplements" that are in the news

This resource is essential for anyone who wants to reduce the risk of type II diabetes simply by improving their diet.

作者介绍:

目录:

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