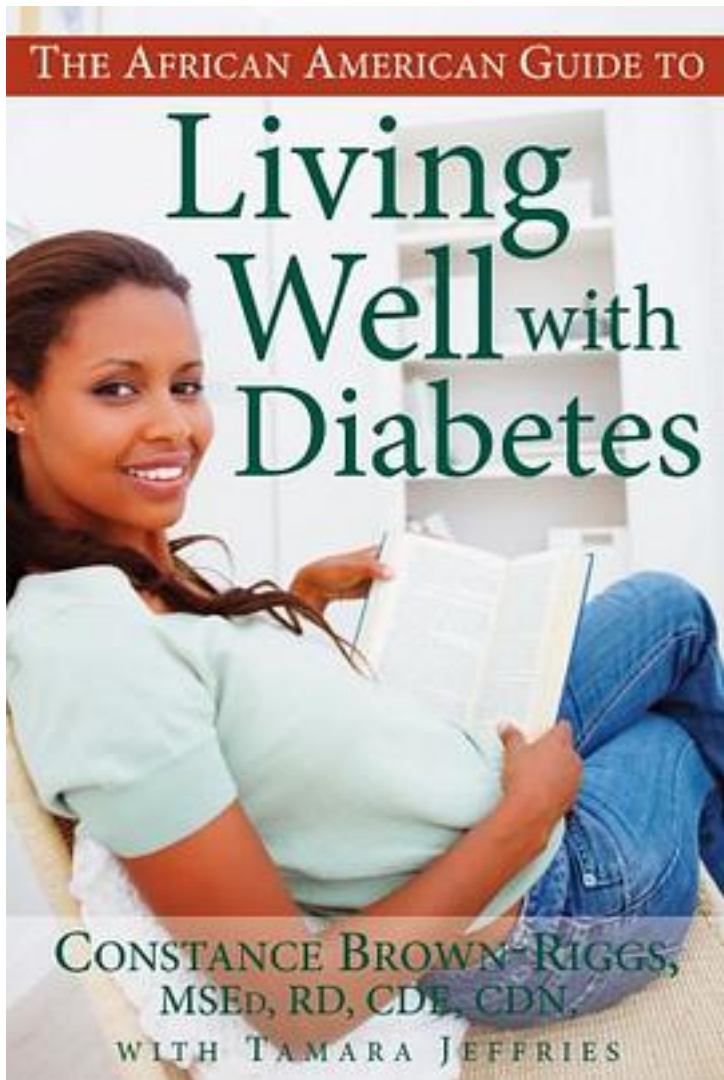


The African American Guide to Living Well with Diabetes



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aConnie Brown-Riggsas...culturally appropriate messages are an extraordinary benefit to African-Americans, particularly women, who are often not fully aware of the lifestyle changes they can and should make to prevent diabetes and improve their health and that of their families.aWendy C. Brawley, publisher and CEO, IMARA Woman magazine aThis book provides cutting-edge information on diet, exercise, and medication, synthesized with other aspects of diabetes care, including spirituality-providing a total lifestyle wellness plan. I support this book with high enthusiasm.aWahida Karmally, DrPH, RD, CDE, associate research scientist, Director of Nutrition, Irving Institute of Clinical and Translational Research, Columbia University More than 4 million African-Americans have diabetes; thousands more have pre-diabetes or are at risk for the condition. But in 21 years as a registered dietitian and certified diabetes educator, Constance Brown-Riggs found few books that even vaguely addressed the unique health concerns of this population. This comprehensive guide includes: The latest medical treatments for diabetes-medications, insulin therapies, blood glucose monitors, plus the pros and cons of supplements, herbs, and alternative diets.What you can eat-- and what you can't. Dozens of mouthwatering Caribbean and soul food recipes, with a two-week menu plan.

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