



Flat Belly Diet! Diabetes

By Liz Vaccariello, Gillian Arathuzik

Rodale Press. Hardback. Book Condition: new. BRAND NEW, Flat Belly Diet! Diabetes, Liz Vaccariello, Gillian Arathuzik, The magic ingredient behind "The New York Times" best-selling "Flat Belly Diet!" - monounsaturated fatty acids (or MUFAs) - may not only target stubborn belly fat, but may also help treat the underlying cause of type 2 diabetes: insulin resistance. The 5-week program includes a sensible diabetes-friendly diet that teaches readers how to incorporate pasta, chocolate, and other 'forbidden' foods - along with a MUFA at every meal - into over 150 sumptuous, satisfying dishes. "Flat Belly Diet! Diabetes" also includes a gentle walking-based exercise plan, stress reduction exercises, advice on how to work with one's doctor and diabetes management team, and a journal to help track blood sugar. In just 5 weeks, 11 men and women who tried the plan lost as much as 12 pounds, improved their A1c levels, and lowered their cholesterol and blood pressure levels.



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