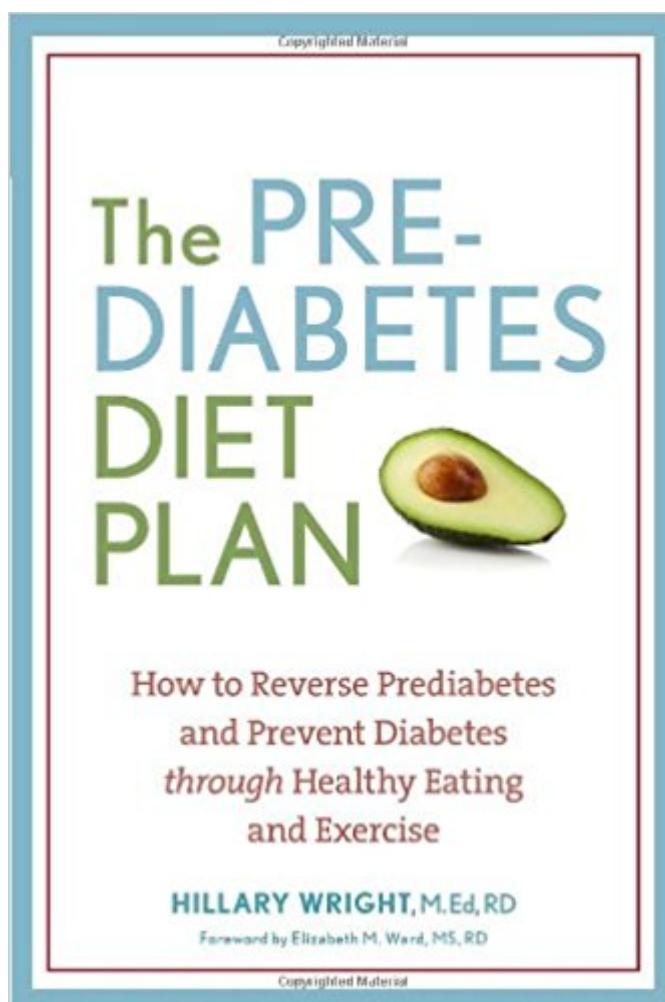


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# The Prediabetes Diet Plan: How To Reverse Prediabetes And Prevent Diabetes Through Healthy Eating And Exercise



## Synopsis

A practical, empowering guide to managing and reversing prediabetes through diet and exercise, from a registered dietitian. Affecting 79 million Americans, prediabetes often develops into full-blown type 2 diabetes, one of the leading causes of death in the United States. Increasingly diagnosed by doctors, prediabetes is a condition in which blood sugar levels are elevated, but not yet high enough to be labeled diabetes. While diabetes cannot be cured, prediabetes can be reversed, so it is critical to take action at an early stage. In straightforward, jargon-free language, The Prediabetes Diet Plan explains insulin resistance (the underlying cause of prediabetes and type 2 diabetes) and offers a comprehensive strategy of diet and lifestyle change, which has been proven more effective than medication. With sections on meal planning, grocery shopping, dining out, supplements, and exercise, this book empowers you to make healthier everyday choices that can effect real change on your insulin levels and overall well-being.

## Book Information

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## Customer Reviews

“This excellent introduction for readers recently diagnosed with (or at risk for) prediabetes will also interest readers with other forms of insulin resistance.” •Library Journal, STARRED REVIEW A “Whether readers are looking for a prediabetes diet plan or for a no-nonsense strategy to better health, this book delivers.” •Publishers Weekly “At long last, a practical, positive, and informative guide for people who have prediabetes. The Prediabetes Diet Plan reflects Hillary Wright’s

long-standing expertise as a registered dietitian and educator. Her book is engaging, taking complex topics and making them easily understandable. The positive, upbeat nature of Hillary's book will empower and encourage anyone who is struggling to prevent diabetes and live a healthier life. It's a must-have resource for anyone who is at risk for developing type 2 diabetes.

•Amy P. Campbell, MS, RD, CDE, manager, Clinical Education Programs, Joslin Diabetes Center

“Readers are likely to discover the answers to any questions they may have about prediabetes in this book. But it's Hillary Wright's advice on making lifestyle changes that is the real value here. Hillary provides readers with important and practical suggestions on how and what lifestyle changes are important for the prevention of diabetes. The message to the reader is “read and do!”

•Marion J. Franz, MS, RD, CDE, diabetes educator and nutrition/health consultant at Nutrition Concepts by Franz, Inc.

HILLARY WRIGHT is a registered and licensed dietitian with more than two decades of experience counseling clients on diet and lifestyle change. She is the director of nutrition counseling for the Domar Center for Mind/Body Health in Waltham, Massachusetts, where she specializes in diabetes prevention and women's health issues. She also holds a part-time position as a nutritionist for the Dana Farber Cancer Institute in Boston, and is the author of *The PCOS Diet Plan: A Natural Approach to Health for Women with Polycystic Ovary Syndrome*. Hillary holds a bachelor's degree in human nutrition from the University of Massachusetts at Amherst and a master's of education in health education from Boston University.

Love this book! I like how it has easy meal plans and lists. Highly recommend to anyone who is concerned about eating healthier.

Very informative and helpful information.

Excellent book--I keep it with me most of the time and continue to re-read the chapters

This book is amazingly thorough! I couldn't put it down once I started reading it. It is a no-nonsense guide to healthy eating, let alone anyone with prediabetes. The sample menu plans at the back of the book are most helpful because they give you variety and alternatives to each suggested meal. Although the author is a specialist in women's health issues, this book is most pertinent for men as

well. Besides what she knows about managing insulin resistance, Ms. Wright states that her goal is to "provide the same sense and empowerment and doable, realistic diet and lifestyle strategies to the much larger population who have prediabetes." She definitely accomplishes her goal! In addition, her footnotes are some of the most detailed I've ever seen for such a book. She has done her homework and this book proves it. Every doctor who treats patients with these concerns needs to first "prescribe" this book.

I haven't finished it yet, but it has been VERY informative and has armed me with some of the info I needed to bring my sugar levels and weight down.

Worth the read. Lots of great tips to get back to a healthy blood sugar

Haven't used it much.

Very good info for newly diagnosed person!

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The Prediabetes Diet Plan: How to Reverse Prediabetes and Prevent Diabetes through Healthy Eating and Exercise TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Prediabetes Diet Plan - Prediabetes Detox and Prediabetes Diet To Prevent Diabetes Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes Diet: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2

Diabetes, Diabetes Destroyer,) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) DIABETES: 15 Super Foods To Quickly And Safely Lower Blood Sugar: How To Reverse and Prevent Diabetes Naturally (Natural Diabetes Cure - Diabetes Natural Remedies - Natural Diabetes Remedies) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Diabetes: 2017 The Secrets About Diabetes that You Never Knew (Diabetes Diet,Reverse Type 2, Diabetes Insulin Resistance, Diabetes Cure, Lower Blood Sugar to Normal) Type 2 Diabetes: Take Control Of Your Blood Sugar Level Naturally With 39 High Fiber, Healthy Carb Diabetes Recipes-Maintain Healthy Blood Sugar And Reverse ... Cookbook, Diabetes Diet Plan Book 6) Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes Meal Plan) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar)

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