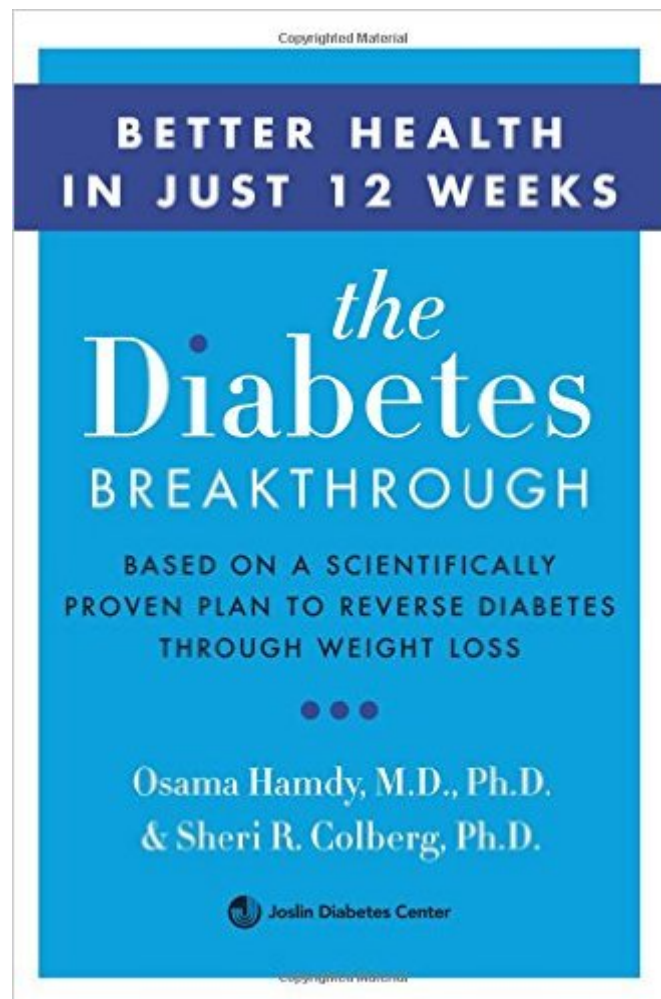


The book was found

The Diabetes Breakthrough: Based On A Scientifically Proven Plan To Reverse Diabetes Through Weight Loss



Synopsis

A Harvard Medical School diabetes specialist and a top exercise physiologist share a proven and effective 12-week plan to reverse the course of Type 2 diabetes, lose weight, and ditch the medication for good. In this groundbreaking book, diabetes and weight management expert Osama Hamdy, M.D., Ph.D., reveals how you can reverse the course of your type 2 diabetes, lose weight for good and finally reclaim your health "in just 12 weeks! This book will help you: Cut your medications by 50-60% "or even stop them altogether! Learn how to safely lose "and keep off "those 10, 20 or even 50 plus pounds that are holding you back from a healthy life. Tailor your exercise plan to the way you really live and work, so you can get results without being a slave to the gym. "and more! With information on how to create checklists, goal worksheets, and including real-life success stories, The Diabetes Breakthrough will help keep you motivated in making smart decisions "even on the busiest days!

Book Information

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Customer Reviews

The Diabetes Breakthrough A Scientifically Proven Program to Lose Weight, Cut Medications and Reverse Diabetes Osama Hamdy, Sheri Colberg At an affiliate of Harvard Medical School the Joslin Diabetes Center has been conducting research on this ground breaking plan with astonishing results. This book chronicles a step-by-step process that the center uses daily for its patients. The plan is for 12 weeks "that "s only 3 months to a renewed life style that can reverse the diabetes diagnosis. The amazing thing about this book is that it isn "t just another fad diet book aimed at

getting more people duped to line the pockets of the authors. This book is based on real-world results with a renowned Diabetes Center. In an offer to help many more people than what can attend the center, this book is an extension of the Center reaching out to anyone willing to put in the work. It can be used in conjunction with local healthcare providers. It teaches what the popular diabetic drugs do to the body so you can discuss with your doctor which ones you should really be taking. Which ones help you stabilize your blood sugars and which ones hinder weight loss even leading to weight gain. The book starts out by teaching what happens in the body with excessive sugars that triggers diabetes. Then it shows step by step how to change a lifestyle by detailing a day-by-day diet plan. There are numerous recipes making the diet versatile and do-able. Add in the week-by-week exercises and physical improvement plan that rounds out the program for a whole-body approach. There are workout plans with illustrations, charts and pictures that can be done at home or in a gym.

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