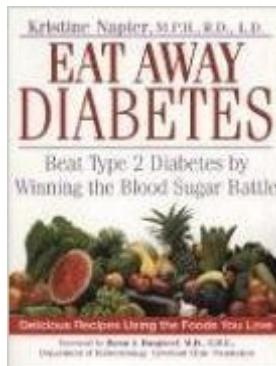


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# Eat Away Diabetes: Beat Type 2 Diabetes By Winning The Blood Sugar Battle



## **Synopsis**

Type 2 diabetes is considered the fastest growing disease in America, according to The New York Times. Complications caused by this disease make it the seventh leading cause of death in America. In 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. Napier offers those who already have type 2 diabetes the information they need to keep it under control. 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. Features included are: A month's worth of menus at eight different calorie levelsA diabetes-fighters shopping list75 gourmet-tasting recipes that are easy to prepareAn authoritative guide to the many diabetes-fighting supplements that are in the news

## **Book Information**

Paperback: 384 pages

Publisher: Prentice Hall Press; Reissue edition (June 1, 2002)

Language: English

ISBN-10: 0735202516

ISBN-13: 978-0735202511

Product Dimensions: 7.1 x 0.9 x 9.3 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 starsÂ  See all reviewsÂ  (14 customer reviews)

Best Sellers Rank: #798,403 in Books (See Top 100 in Books) #62 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > Type 2 #278 inÂ  Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #597 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General

## **Customer Reviews**

Eat Away Diabetes is extremely well researched and superbly written! Taking complex subject matter, the author uses practical explanations and analogies, thereby making diabetes much easier to understand. The information is current and extremely useful for people with Type 2 diabetes and those working to prevent this potentially devastating (but preventable) disease. Numerous charts and sidebars are used throughout which serve as excellent references in my practice as a registered dietitian. The author emphasizes the importance of exercise at length and explains the roles of fiber, fat, carbohydrates, protein, vitamin/mineral supplementation, and herbs. Ms. Napier

also provides 28 days of menus and their accompanying recipes (which are healthy, creative, and tasty). This book will remain a useful resource in my professional practice and daily life! Thank you, Kristine Napier!

Kristine Napier is obviously an authority on diabetes as well as a nutritionist-- and we could probably cure a national epidemic (Type 2 diabetes) if we would all follow the advice in this book. But this isn't like one of those health books that preaches all kinds of impossible advice. It's filled with really simple recipes. The ones I've tried are easy to make, and taste delicious. It's food for kids as well as adults. At last, we've got a book on the kitchen shelf that we can trust completely.

As the former editor of a national consumer health publication, I know that not many people know how to translate reams of scientific data into clear and simple language. Kris Napier has that gift, and in Eat Away Diabetes she makes excellent use of it. The opening chapters offer a clear appraisal of scientific thinking about nutrition, demolishing many fashionable ideas about what we should or shouldn't eat. She explains the concepts behind healthy eating and illustrates them with overall menu plans and 100 pages of delicious-sounding recipes. People newly diagnosed with Type 2 diabetes often complain that no one talks to them enough. This book provides the counseling that busy health care providers may not have time for, and does it with in the down-to-earth language of a knowledgeable friend offering advice and sharing favorite recipes over a cup of tea.

I am so thrilled to find a book that helps me understand diabetes, how food affects my blood sugars, and what to put on my plate each and every day. I am also excited that the menus aren't the typical sugar-free, cardboard tasting food -- they are really, really good. If you have diabetes, or someone in your family does, or you are at risk for diabetes and want to prevent, you must read this book. Thank you, Kris Napier, for changing my life.

Type 2 diabetes is a national epidemic. Lifestyle changes, including diet and exercise, are necessary to prevent complications (heart disease, stroke, vascular disease, blindness) in those with Type 2 diabetes and prevent the disease from occurring in those at high risk. Medical advice regarding diet often leaves patients confused and therefore unable to follow their advice. Kristine Napier defines Type II diabetes and the steps needed to control this disease in a way that is easy to understand. She provides advice and examples to help the reader incorporate her guidelines into

their everyday life. Her 28 day guide of menus will help those get started and as always, Kris's recipes are easy to follow and delicious. Last, but not least of importance, is that all of Kris's advice is based on scientific evidence and conforms to national guidelines.

As a Cardiac Counselor/Behavioral Health Specialist, I have been searching for a well-written and comprehensive book on Type 2 Diabetes. Many of my cardiac clients have the additional challenge of dealing with this serious complication. Kristine Napier's new book, "Eat Away Diabetes," not only provided an excellent overview of the disease itself, but delicious recipes that help people to become active in beating their diabetic diagnosis. I have both professionally and personally seen the damage that Type 2 Diabetes can do to a client's health. Two of my uncles had heart disease, bypass-surgery and eventually lost toes/legs due to Type 2 Diabetes. Kris' book provides the reader with tried and true recipes that enable people to eat well while protecting their hearts and managing their diabetes. There is even a dessert section with yummy entries such as Berry Fresh Cheese Cake and Chocolate Silk Mousse! As a professional who believes in holistic health and bibliotherapy, I am pleased to have a book with interesting recipes that I can now recommend to my clients. It is very reader and user friendly. I recommend it highly!

I have been to SO many doctors and diabetes educators, but nowhere have I found such helpful hints and great recipes all in 1 place. I have tried a number of them in the last few weeks and they taste great and best of all, I am feeling much better. Thank you Ms. Napier! I will spread the word!

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