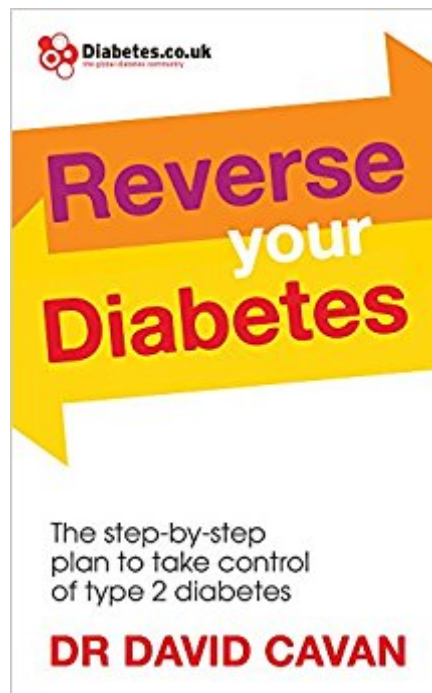




The book was found

Reverse Your Diabetes: The Step-by-Step Plan To Take Control Of Type 2 Diabetes



Synopsis

Reverse Your Diabetes provides all the information and support you need to take control of type 2 diabetes and, potentially, to reverse it. Based on the latest research and proven results, this clear and effective programme outlines the key steps you need to take to turn around your health: watch what you eat, get more active, monitor your progress and commit to change. Written by diabetes expert Dr David Cavan and in association, Reverse Your Diabetes also tackles the myths and misinformation about type 2 diabetes. This is an essential book that will empower you to take control of your diabetes and maximise your health for good.

Book Information

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Customer Reviews

Dr David Cavan is one of the UK's leading experts on diabetes self-management. He worked for many years as a Consultant at the highly-regarded Bournemouth Diabetes and Endocrine Centre. He is now the Director of Policy and Programmes at the International Diabetes Federation, whose mission is to promote diabetes care, prevention and a cure worldwide. Diabetes.co.uk is the world's largest and fastest-growing community website and forum for people with diabetes. With over 2.2m unique visitors per month and a diabetes support community of over 180,000 members sharing a cumulative 1.5m years of experience, this award-winning website has proven to positively influence health outcomes. Get support at www.diabetes.co.uk/forum

An invaluable help to those with Type 2 diabetes. Demystify some long held myths about the illness.

Excellent book. It's at the same time reassuring and very informative for diabetics. James.

As an obesity physician who manages diabetes I highly recommend this book for anyone with diabetes or risk factors for developing it. This is a practical and welcome departure from our standard recommendations of carbs and more medications. It is possible to reverse diabetes if carbohydrates are restricted and more patients need to have access to information on how to do this. Bravo!

An excellent book for Diabetics to read! very up to date with information and it certainly endorses all what I have been told

Good Book, it excites the mind with ideas.

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