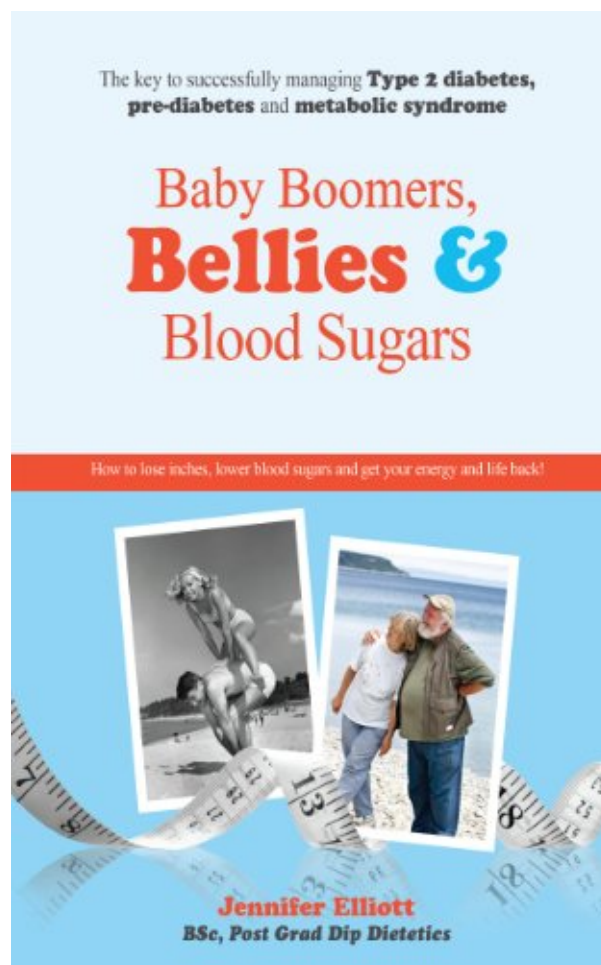


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Beat the belly bulge.

A revealing new book called Baby Boomers, Bellies & Blood Sugars is likely to shed fresh light on managing type 2 diabetes and the common condition metabolic syndrome.

Written by dietitian Jennifer Elliott the book is an easy-to-read, step-by-step guide on diabetes and insulin resistance and teaches readers how to recognize the symptoms and treat the cause by adopting a low-carbohydrate diet plan among other valuable recommendations and recipes.

The West Australian Fresh. Thursday, January 2, 2014

- Sales Rank: #1619898 in eBooks
- Published on: 2011-04-01
- Released on: 2011-04-01
- Format: Kindle eBook

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Must-read book for anyone with diabetes, prediabetes, or metabolic syndrome

By Franziska Spritzler

As a fellow dietitian who advocates a low-carbohydrate approach for diabetes and weight management, I highly recommend Baby Boomers, Bellies and Blood Sugars to anyone over 35 years of age who struggles with these issues. Jennifer seamlessly translates insulin resistance, hyperinsulinism, and de novo lipogenesis into concepts that can be easily understood by all readers regardless of education level. She reveals that eating a food with 15 grams of carbohydrate (a slice of whole wheat bread, 1/3 cup cooked pasta, or small apple) provides the equivalent of 3 tsp of sugar to the bloodstream and explains how eating too much carbohydrate can overwhelm the body's ability to properly metabolize it. Jennifer discusses the problems of elevated insulin levels in detail and provides a well-reasoned rationale for initially consuming minimal carbohydrates for two meals and a moderate amount of carbohydrate for the third meal. She provides guidance on balanced low-carb meal planning and mineral supplementation, as well as personalizing a carb-restricted diet based on lifestyle, tolerance, and food preferences. Jennifer also shares a beautifully photographed recipe collection with readers, including such as items as Prawn Cakes, Chicken, Avocado & Macadamia Salad, and Zucchini Gratin. This book demonstrates that weight gain and health problems are not inevitable as we age and can be managed incredibly well with a balanced, whole-foods-based, carbohydrate-restricted diet.

0 of 0 people found the following review helpful.

Best beginning bet for 'betes.

By Dr. Feinman

There are many books on diabetes and the best is the one that gets you going but this seems like a really good bet. Concise but accurate. Very good production values, easy to read and I think that is important for what is really a difficult subject. Good science, good advice and the testimonials tell an helpful part of the story.

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