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2-Day Diabetes Diet: Diet Just 2 Days a Week and Dodge Type 2 Diabetes

By Erin Palinski-Wade MD

Reader's Digest Association, United States, 2015. Paperback. Book Condition: New. Reprint. 251 x 178 mm. Language: English . Brand New Book. Diet just 2 days a week to drop the pounds and dodge type 2 diabetes! In a recent study, researchers in the UK found that restricting carbohydrates just two days per week was superior to a standard, daily calorie-restricted diet for both reducing weight (about 9 pounds lost vs 5 pounds) and lowering insulin levels (reduced by 22 vs 4). Based on this and other research indicating that safe weight loss is the key to reversing and preventing diabetes, Reader's Digest has partnered with registered dietitian and diabetes expert Erin Palinski to distill the latest science to create an easy-to-follow plan that allows people with diabetes to have their cake--and other carbs--and still keep their blood sugar under control. A diagnosis of diabetes can be overwhelming and frightening, and even many of those who have lived with diabetes for years often struggle with the question of what they can eat. The 2-Day Diabetes Diet makes it simple--there are no forbidden foods and no carb-counting. You just need to restrict what you eat for 2 days a...



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