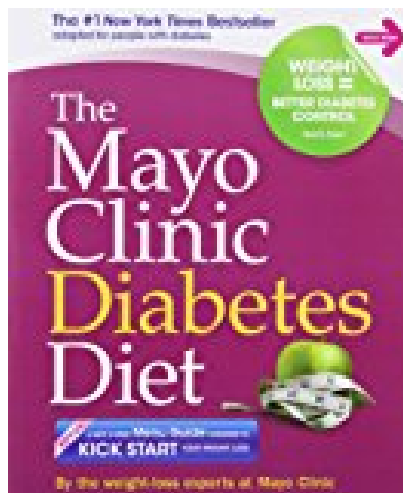


# The Mayo Clinic Diabetes Diet The 1 New York Bestseller adapted for people with diabetes

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## BOOK DETAILS

- Author : the weight-loss experts at Mayo Clinic
- Pages : 272 Pages
- Publisher : Da Capo Lifelong Books
- Language : English
- ISBN : 1561488011



## BOOK SYNOPSIS

From Mayo Clinic, a leading authority in health and nutrition, comes The Mayo Clinic Diabetes Diet, adapted for people with pre-diabetes and type 2 diabetes from the #1 New York Times bestseller, The Mayo Clinic Diet. This reliable plan is what you need to lose weight to help you control your blood sugar. From Mayo Clinic, a leading authority in health and nutrition, comes The Mayo Clinic Diabetes Diet, the reliable plan you need to lose weight and help you control your diabetes. A diagnosis of diabetes is often overwhelming, even frightening, especially if you're among the nearly 2 million Americans who are newly diagnosed each year. If you have type 2 diabetes, or if you're at risk, chances are you need to lose weight. This Diet will help you lose weight and keep it off. Take control of your health with the Lose It! phase of the Diet, a simple, straight-forward, two-week plan that encourages quick weight loss to help lower your blood sugar. Real and lasting weight-loss continues in the Live It! phase of the Diet. Here are a few basic steps and decisions to help you continue to lose one to two pounds a week (and keep them off!). This Diet is no fad, but a solid, common-sense approach brought to you by an organization that is an award-winning health information resource. Loaded with advice and tips for people with diabetes who want to lose weight, The Mayo Clinic Diabetes Diet is the companion you need to help you lose weight and control your diabetes now and into the future.

### **THE MAYO CLINIC DIABETES DIET THE 1 NEW YORK BESTSELLER**

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