



Flat Belly Diet! Diabetes: Lose Weight, Target Belly Fat, and Lower Blood Sugar with This Tested Plan from the Editors of Prevention

Liz Vaccariello, Gillian Arathuzik, Steven V. Edelman

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The magic ingredient behind the New York Times best-selling Flat Belly Diet!—monounsaturated fatty acids (or MUFAs)—may not only target stubborn belly fat, but may also help treat the underlying cause of type 2 diabetes: insulin resistance. The 5-week program includes a sensible diabetes-friendly diet that teaches you how to incorporate pasta, chocolate, and other "forbidden" foods—along with a MUFA at every meal—into over 150 sumptuous, satisfying dishes.

Flat Belly Diet! Diabetes by Liz Vaccariello also includes a gentle walking-based exercise plan, stress reduction exercises, advice on how to work with one's doctor and diabetes management team, and a journal to help track blood sugar. In just 5 weeks, 11 men and women who tried the plan lost as much as 12 pounds, improved their A1c levels, and lowered their cholesterol and blood pressure levels.

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David Shetler:

The book untitled Flat Belly Diet! Diabetes: Lose Weight, Target Belly Fat, and Lower Blood Sugar with This Tested Plan from the Editors of Prevention contain a lot of information on the idea. The writer explains the girl idea with easy approach. The language is very simple to implement all the people, so do certainly not worry, you can easy to read it. The book was published by famous author. The author will take you in the new era of literary works. You can actually read this book because you can continue reading your smart phone, or program, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site and order it. Have a nice learn.

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