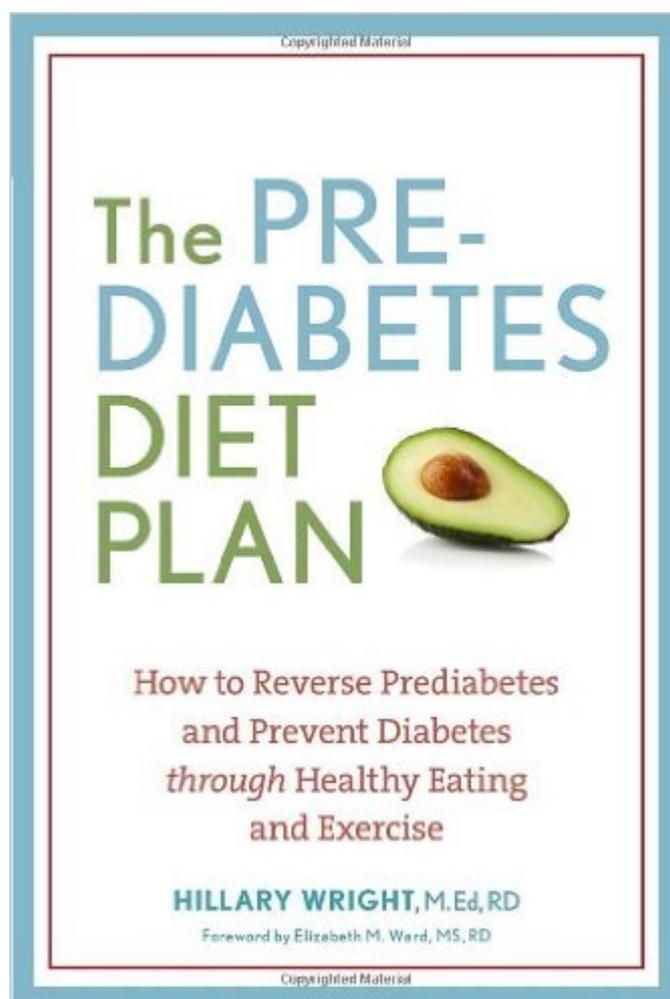


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# The Prediabetes Diet Plan: How To Reverse Prediabetes And Prevent Diabetes Through Healthy Eating And Exercise



## Synopsis

A practical, empowering guide to managing and reversing prediabetes through diet and exercise, from a registered dietitian. Affecting 79 million Americans, prediabetes often develops into full-blown type 2 diabetes, one of the leading causes of death in the United States. Increasingly diagnosed by doctors, prediabetes is a condition in which blood sugar levels are elevated, but not yet high enough to be labeled diabetes. While diabetes cannot be cured, prediabetes can be reversed, so it is critical to take action at an early stage. In straightforward, jargon-free language, The Prediabetes Diet Plan explains insulin resistance (the underlying cause of prediabetes and type 2 diabetes) and offers a comprehensive strategy of diet and lifestyle change, which has been proven more effective than medication. With sections on meal planning, grocery shopping, dining out, supplements, and exercise, this book empowers you to make healthier everyday choices that can effect real change on your insulin levels and overall well-being.

## Book Information

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## Customer Reviews

I have just read Hillary Wright's wonderful book about prediabetes. Finally, a book to help those of us who are not yet diabetic to understand what is going on with our bodies and why in order to reverse the diagnosis. It is written in a clear, interesting, organized fashion, easy to understand, and addresses practically every question a person might have concerning borderline diabetes. What I like most about the book is her non-draconian approach to changing one's lifestyle (diet, exercise, attitude) in order to control their "pre" status before it becomes full blown diabetes. She gives meal

plans choices, options, and basic, sensible advice for anyone who is serious about changing their living habits to become healthier in every way. I feel lucky/grateful that I just happened to see it on the bookshelf while I was looking for a diabetic cookbook. This book is perfect for my needs. Instead of buying a diabetic cookbook, I feel I can easily tweak my basically healthy recipes to fit into her "balanced-plate" approach." A great book with plenty of options to fit anyone's approach to changing their lifestyle.

Being recently diagnosed with pre-diabetes, I was confused as to what that actually meant for my body and what I was to do. I read Hillary Wright's book as I was consulting my doctor and my own nutritionist and I found everything Hillary mentioned to be accurate and in agreement with my medical advice. I enjoyed Hillary's writing style, as I felt she was writing directly to me and I found it easy to follow along with her examples and facts. I often found myself using Hillary's analogies as I explained my recent diagnosis to friends and family, and they too found the explanations easy to understand. I highly recommend this book to anyone who has been recently diagnosed with pre-diabetes or has a family member living with pre-diabetes. There are many tips of menu and food choice selections, so it is key that anyone who is serving food to a pre-diabetic truly understands what is involved with the diet. My entire family is now eating healthier thanks to Hillary's tips. Diabetes or not, it is a diet I believe all people should follow to some degree for healthier choices. Hillary's information about the abundant increase of pre-diabetes and diabetes in American society is mind boggling.

I purchased this book and 2 others to begin my research. Honestly, the info in this book was a bit dated. I have a pretty good understanding of diabetes as a whole and was hoping for some of the newer, updated info on pre-diabetes. I preferred The Everything guide to managing and reversing pre-diabetes myself (PERSONAL CHOICE)... it included some innovative recipes and new food ideas I hadn't already heard a million times. Other than that, I really think that any book you purchase to learn something you didn't already know is never a loss. My opinions are just mine, hope you'll decide for yourself.

The author packs a wealth of information about pre-diabetes in an easy to read book. I use the carb counting method for controlling glucose levels and now have a good understanding of what, when, and how much to eat. I lost around 10 lbs in about two months simply by counting carbs consumed - not by dieting. I highly recommend the book for anyone with pre-diabetes or for anyone looking to

lose weight in general.

After losing two good friends to diabetes, I was really upset when I was told I was prediabetic. I was determined to change my destiny! This book is very informative and written in such a way that the information is understandable. Lots of charts giving 15 gram carb counts (when you read the book you'll see why) and other good information. I am confident that my next blood test will show me back to normal. If you are teetering on the edge of diabetes and don't want to go there, I would recommend this book.

Prediabetic? Your body is telling you that a change is needed. If the alarm is not heeded, then diabetes may be in your future. So what can you do? Read *The Pre-Diabetes Diet Plan* by Hillary Wright, M.Ed., RD. This book will provide you with a game plan to reverse prediabetes. The book is divided into five parts: Defining Prediabetes and its Causes; the Prediabetes Diet Plan: Preventing Diabetes; Reversing Prediabetes through Weight Loss, a Heart-Healthy Diet and Exercise; Fine-Tuning the Prediabetes Diet Plan, and Preventing Diabetes with a Healthy Mind-Set. The author also includes sample meal plans to help you towards better health. As the author points out in her introduction "I'm like the tugboat that's there to drag you out of the harbor so you can sail on your own." • Are you ready for this empowering trip? If not, you may be stuck with diabetes and all the issues and complications that can surround this diagnosis. So, it is time to get moving!

I bought this for my grandmother who was diagnosed as being pre-diabetic. She absolutely loved this book, and said that it gave her exactly the information that she needed to make sure that she is taking care of herself. She also commented that it was easy to understand. Highly recommended!

Hillary Wright has done a praiseworthy job of translating the nutrition science and research on pre-diabetes into approachable information. Her insight and experience show through in her advice and meal plans. Hillary's book is my go-to source for my questions about the relationship between lifestyle and diabetes prevention. Her emphasis on sustainable behavior change is refreshing.

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manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Diabetes Diet - Ultimate Step-by-Step Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Diabetes Diet Healthy Nutritious Diabetes Recipes to Control & Reverse Type 1 & 2 Diabetes (Diabetes, Diabetic Diet, Healthy Eating, Cookbook) Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing Diabetes) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Diabetes Diet: Diabetes Diet is 904 pages of 1200-1800 calorie diabetic diet meal plans! (diabetic diet meal plan, diabetes meal planner, diabetes diet ... insulin, diabetic cookbook, diabetes cure) Diabetes: Diabetes Prevention And Symptoms Reversing, Guide To Diabetes Diet, Nutrition Tips, The "Cure" For Diabetes Type 2 (Diabetes Diet Cookbook And ... Dummies, Reverse Diabetes Without Drugs 1) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Diabetes Diet: Quick, Easy and Enjoyable Diabetic Recipes (Diabetes Diet, Dieabetes Diet Plan, Gestational Diabetes, Diabetic Recipes, Type 2 Diabetes, Diabetes Diet Cookbook, Diabetic) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior

Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution)

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