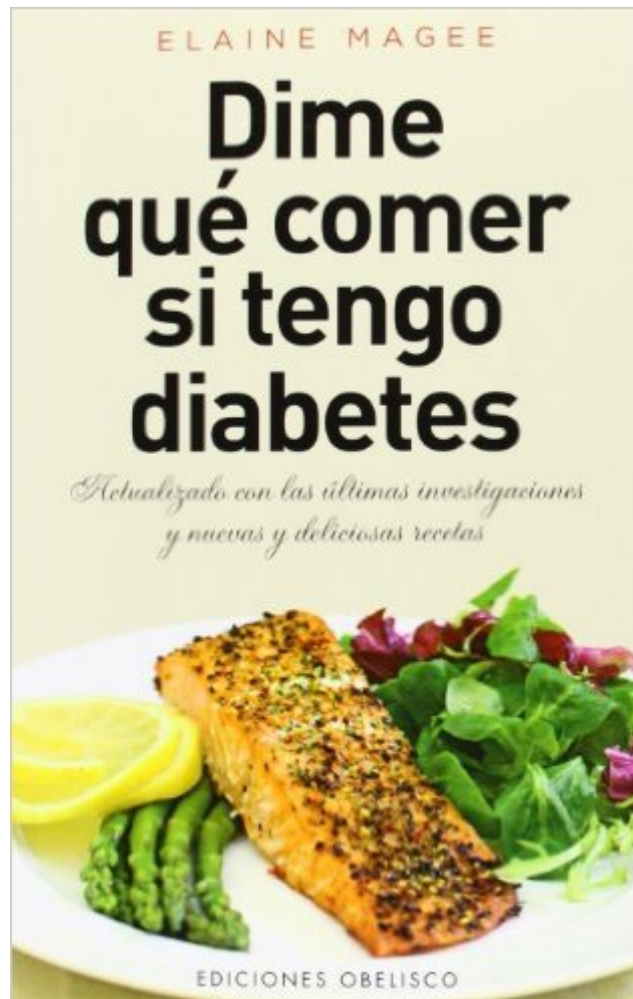


The book was found

Dime Que Comer Si Tengo Diabetes (Coleccion Salud Y Vida Natural) (Spanish Edition)



Synopsis

El hecho de padecer diabetes no significa que uno no pueda disfrutar de la vida, comer bien y vivir de manera saludable. Dime que comer si tengo diabetes muestra una perspectiva detallada, aunque no tecnica, de la diabetes, y, en concreto, de la diabetes tipo 2, y presenta de manera clara los ultimos descubrimientos acerca de las causas de esta patologia, los tratamientos disponibles y la relacion que tiene la dieta en esta enfermedad. Todo ello de la mano de una dietista y nutricionista que aporta numerosas recetas, ingredientes, ideas y consejos. / Tell Me What to Eat If I Have Diabetes begins with a detailed overview of diabetes, specifically Type II diabetes. Elaine clearly presents the medical findings on what causes diabetes, available treatments, and the dietary implications of this disease. The book includes dozens of mouth-watering recipes, plus supermarket and restaurant advice.

Book Information

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