



The Weight Loss Plan for Beating Diabetes: The 5- Step Program That Removes Metabolic Roadblocks, Sheds Pounds Safely, and Reverses Prediabetes

Lawrence D. Chilnick, Frederic Vagnini

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The Weight Loss Plan for Beating Diabetes is a five-step plan that shows you how to overcome the metabolic roadblocks that diabetes creates. Using an integrated plan of diet, exercise, nutritional supplementation, medication, and lifestyle modification you'll lose weight, reverse your diabetes, and look and feel better. Written by leading expert Dr. Frederic Vagnini, medical director of the Heart, Diabetes & Weight Loss Centers of New York, the plan draws from latest clinical studies on diabetes and weight loss and provides recommendations specific to your unique medical history and risk factors. You'll learn:

- The latest medications and nutraceuticals that can get you off the metabolic roller coaster.
- Tests your doctor should perform but probably isn't that will give you the most accurate diagnosis of your metabolic roadblocks.
- Underdiagnosed issues that can exacerbate your diabetes and sabotage your weight loss efforts.

Based on the plan that has helped thousands of patients, *The Weight Loss Plan for Beating Diabetes* will help you lose weight—safely—and keep it off.

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