



The Diabetes Rescue Diet: Conquer Diabetes Naturally While Eating and Drinking What You Love--Even Chocolate and Wine!

Mark Bricklin

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Imagine a diet so easy and yet so powerful that it could not only balance out-of-control blood sugar, but effectively reverse insulin resistance, freeing people everywhere from the restraints of type 2 diabetes. That plan has arrived. *The Diabetes Rescue Diet* promises good, wholesome food without making readers count calories, buy exotic supplements, or completely change their daily routines--no sacrifice required! The plan is inspired by a Mediterranean diet chock full of whole grains, olive oil, and hearty fare that is proven to reduce blood sugar and cholesterol levels and lower the risk of heart disease and other serious health threats. Readers will still eat favorites like pasta, meatloaf, and pork tenderloin (chocolate and ice cream, too!), but will also savor new dishes like Oven-Fried Tilapia and Pineapple Roasted Sweet Potatoes.

The Diabetes Rescue Diet isn't just about food, though. Also included in the diet are:

- An optional 21-day walking plan that will get you moving--and improve your blood circulation--in just 15 to 30 minutes a day
- A guide to dining out that will prove "delicious" doesn't have to mean "dangerous" when it comes to diabetes
- A chapter of healthy shortcuts--simple steps you can take right now to protect your health from head to toe

With more than 80 mouthwatering dishes and expert advice, *The Diabetes Rescue Diet* is the last stop on the road to reversing diabetes and attaining great health for life.

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