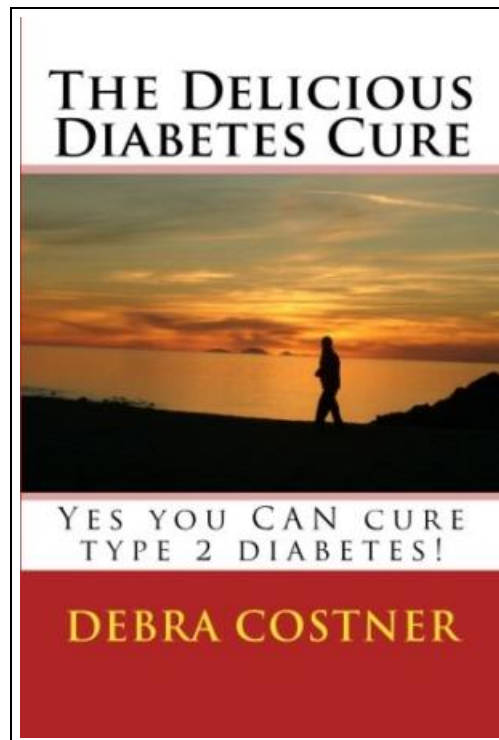


## The Delicious Diabetes Cure: Yes, You Can Cure Type 2 Diabetes! (Paperback)



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Createspace, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you or someone you know, have diabetes? If so, you know how crippling a disease it can be. People have been told that all you can do is control your type 2 diabetes. But it turns out in fact, that you can CURE your diabetes. That s right. By switching to a vegan, whole foods diet, you can change your life and cure your diabetes. But how do you begin? This book will teach you why eating vegan works, and how to incorporate this lifestyle change into your life. It contains lots of helpful information and useful tips on how to stock your kitchen and maintain a vegan diet, even while traveling. Most importantly The Delicious Diabetes Cure includes more than 100 delicious recipes that will enable you to enjoy meals and satisfy even the most discerning palate. We begin with the basics, teaching you how to use foods in a whole new way to enhance the taste, without using any animal products. Included are recipes from a large variety of ethnic cuisines: Italian, Chinese, Mexican, Greek, Thai, Moroccan and many more! What s for breakfast? Well it s not just a bowl of fruit. In addition to recipes for fruit and vegetable smoothies, there are 11 recipes featuring steel-cut oats, grits, sweet potatoes, acorn squash, quinoa and even a recipe for homemade muesli. Yum! Diabetics who have switched to eating a vegan, whole-foods diet have found that not only will they lose weight, but many have been able to come off medication completely! Sounds too good to be true, but it is. There is no need to suffer through the horrible consequences of diabetes: lost vision, kidney disease, heart problems or...



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