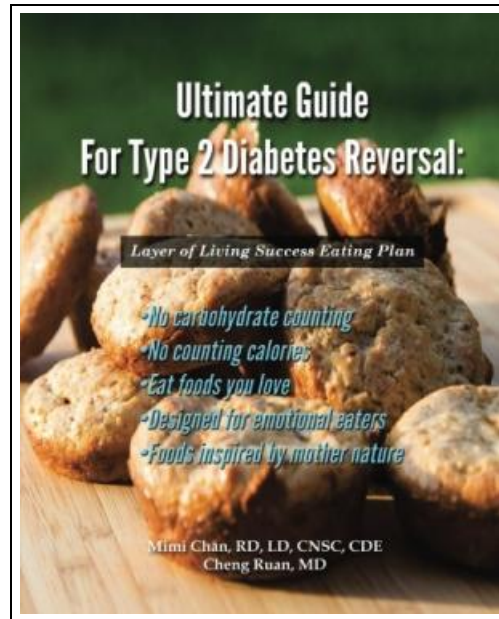


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LAYERS OF LIVING SUCCESS: EAT (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A complete guide and eating program designed to help reverse type 2 diabetes as well as prediabetes. This eating program is not designed to be a temporary diet. It is designed for someone with Type 2 Diabetes (or prediabetes) to learn a system of eating where you can have permanent success. Learning what foods can work for you by understanding how it affects your body is the foundation to establish permanency in behavioral changes. Rather than telling you a detailed system of what to eat and the quantity, we have devised a way where it s easier. Three of the six layers of foods are unlimited. In fact, there are minimum quantities to eat daily. For those who have poorly controlled diabetes, we created a sliding scale eating system. Depending on what their blood sugars are that morning, they utilize different portions or different partitions of each of the categories of food. That will likely impact the next morning s blood sugar which hopefully will become lower by the way you eat the day before. And the lower your blood sugar becomes, the more you re allowed to have cheat meals. It becomes a reward system that s designed for success. They are rewarded by lower blood sugars and more cheat meals if they keep the blood sugars low. But if the blood sugars become higher the next morning, some elements of the program are restricted. Surprisingly, what we ve noticed is that people do not opt for the cheat meals anymore because their reward, instead of being food, becomes the lowered blood sugar results. Therefore, since they don t want their blood sugars to go up again, they...



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