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Diabetes Recipes: To Recover from & Reverse Diabetes

By Jess Lomas

Wilkinson Publishing. Paperback. Book Condition: new. BRAND NEW, Diabetes Recipes: To Recover from & Reverse Diabetes, Jess Lomas, Diabetes Recipes provides an introduction to the main nutritional approaches to treating diabetes and provides delicious recipes for breakfast, main meals, desserts and snacks that both people with and without diabetes can enjoy. Type 2 diabetes is the modern health epidemic sweeping the world, with the majority of cases said to be preventable through exercise and good diet. This easy-to-understand guide skips the jargon and provides realistic ways for diabetics to reclaim their health and their life.



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