



FOR THE WHOLE FAMILY!

THE LOW CARB SOLUTION FOR DIABETICS

“In 2008, when Lucca was eight, he was admitted to intensive care and diagnosed with Type-1 diabetes. Nothing prepares you for this emotional, life-changing rollercoaster” – VICKIE DE BEER

When working mother Vickie De Beer’s life changed forever, she and leading paediatric dietician Kath Megaw set about ‘The Low-Carb Solution for Diabetics’ – and, in the process, developed an arsenal of the most effective systems and day-to-day strategies for practically dealing with diabetes.

Part emotive journey, part cookbook and part medical reference, and all bundled up in the care and love of devoted parents, *The Low-Carb Solution for Diabetics* is the fruit of their combined findings – at once personal and professional, and essential reading that effectively ‘closes the gap’ for families coping with diabetes.

Underpinned by the knowledge that time is one of today’s most precious commodities, Vickie’s meals are simple to shop for, effortless to prepare and, above all, packed with all the essential nutrients growing bodies and minds need for optimal health. Grouped seasonally and covering all days of the week, from Monday through Sunday (and not forgetting, sauces, treats and drinks), *The Low-Carb Solution for Diabetics* offers a wide array of choices for every meal of the day and to satisfy all those hunger pangs in between – a happy solution for both busy moms and even busier kids!

ABOUT THE AUTHORS

A leading paediatric dietician **KATH MEGAW** has been solving children’s eating problems for 20 years. Regardless of their age, eating stage or issue, Kath has had a huge impact on countless young patients’ lives.

VICKIE DE BEER is an award-winning writer and stylist with 13 years’ experience in developing nutritional recipes. Currently food editor for *Rooi Rose*, she has also contributed to *Shape*, *Discovery*, *Bestmed* and *Baba & Kleuter* magazines.

MARKET

- A book that marries science with good sentiment, strategies with real solutions, *The Low-Carb Solution for Diabetics* is an invaluable guide to understanding and practically managing Type-1 diabetes.
- Beyond the science of diabetes and the advice of both Vickie and Kath lies a fantastic low-carb cookbook with meals that the whole family can enjoy.
- Focusing on a move to healthy, natural food shared in a loving family environment, *The Low-Carb Solution for Diabetics* is an inspiration. It’s not about what’s ‘allowed’, it’s about what’s healthy – for diabetic children and their families.

- BETTER CONTROL OF GLUCOSE
- MORE FREEDOM TO LIVE A NORMAL LIFE
- IMPROVED CONCENTRATION AND PERFORMANCE AT SCHOOL
 - INCREASED LONG TERM HEALTH
- REDUCED RISK OF HEART DISEASE, STROKES AND HIGH BLOOD PRESSURE
- HELPS MANAGE EXTREME ACTIVITY
- STRATEGIES FOR EVERYDAY LIFE

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