



TYPE 1 & TYPE 2 DIABETES HANDBOOK

WITH OVER 100 LOW CARB RECIPES

KATH MEGAW, VICKIE DE BEER
AND PROF DAVID SEGAL

AN UPDATE OF THE AWARD WINNING
LOW CARB SOLUTION FOR DIABETES

With over 40 000 copies sold worldwide, this book is an invaluable resource for anyone with Type 1 or Type 2 Diabetes, helping reduce or avoid the need for diabetes medication.

Children and Adults diagnosed with insulin resistance and metabolic syndrome will also greatly benefit from the recipes to help reverse the disease progression into full blown diabetes.

Contains the most effective systems and day-to day strategies for practically dealing with diabetes.

USING THIS BOOK WILL HELP YOU:

- REDUCE OR AVOID THE NEED FOR DIABETES MEDICATION
- GET BETTER CONTROL OF GLUCOSE
- GET MORE FREEDOM TO LIVE A NORMAL LIFE
 - IMPROVE CONCENTRATION & PERFORMANCE
 - INCREASE LONG TERM HEALTH
- REDUCE THE RISK OF HEART DISEASE, STROKES & HIGH BLOOD PRESSURE
- HELP MANAGE EXTREME ACTIVITY

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EXTENT 268 pages

*In my experience,
a low carb diet (with insulin) has
been the only way to flatten my son's
rollercoaster blood-sugar levels*
- SUE HARRIS
MBChB DCH FCPaed

GLUTEN FREE · SUGAR FREE
DELICIOUS RECIPES
100%

VOTED
COOKBOOK OF
THE YEAR BY
THE SUNDAY
TIMES

*Low carb living is recommended for young and old battling
insulin resistance, metabolic syndrome and prediabetes.*

