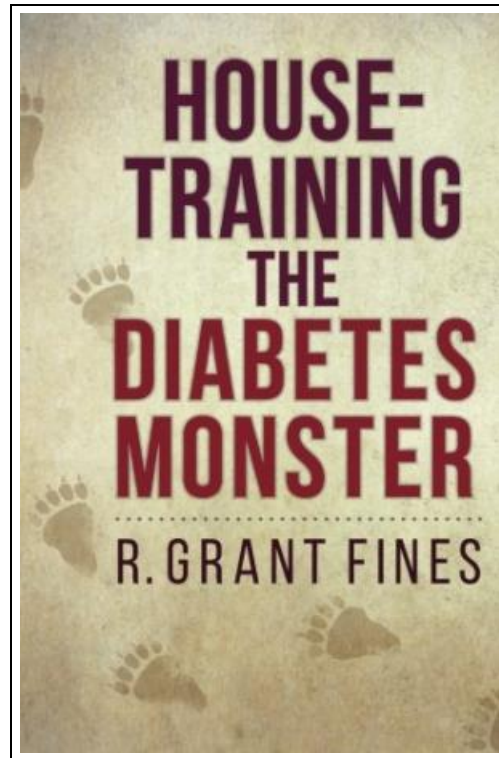


House-Training the Diabetes Monster



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Reviews

Complete guide! Its this sort of good read. It is rally exciting through studying period. I am just pleased to explain how here is the very best publication i have go through inside my own existence and could be he very best publication for at any time.
(Adele Rosenbaum)

HOUSE-TRAINING THE DIABETES MONSTER



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MG Media, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.House-training the Diabetes Monster is for anyone concerned with type II diabetes, either for themselves or someone close to them. It is written from a successful health coaching perspective, where the author simplifies our basic physiology as it relates to diabetes. He then outlines the steps he uses in helping his clients either avoid, control, and best of all reverse type II diabetes. He guides the reader through six easy steps to get their disease under control followed by four more steps to take total control back. The authors lifelong passion has been health and nutrition. After many years working as a CEO and Chief Technology Officer, he changed careers and became a Certified Health Coach through the Integrative Institute of Nutrition. The strategies I successfully use as a health coach are outlined in this book, starting with getting your mind right about the required changes, learning the basic s of how your body metabolizes carbohydrates, and a new outlook on food. Many doctors have encouraged Grant to write this book, including the two who s quotes endorsing the book are seen on the back cover. According to Dr. Jonathan Paul Navar from Texas Tech University Health Science Center, he says Finally an approach that gets to the cause of this disease. As a practicing Primary Care Physician I manage and treat diabetes daily. I wish I had two hours per office visit to spend reading House-training the Diabetes Monster with all of my diabetic and pre-diabetic patients. This book helps people to understand diabetes, helps set them up for success, and provides the tools necessary to conquer the diabetes monster. I recommend it to all my...



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