



The Everything Guide to Managing and Reversing Pre-Diabetes: Your Complete Guide to Treating Pre-Diabetes Symptoms (Everything®)

Gretchen Scalpi

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Your ten-week plan to avoid the onset of diabetes!

A diagnosis of pre-diabetes is certainly a wakeup call, but it is not a life sentence of daily medication and having to live without your favorite foods. Managing pre-diabetes is about common sense and moderation, not deprivation. *The Everything Guide to Managing and Reversing Pre-Diabetes, 2nd Edition* can help you find ways to alter your lifestyle and avoid type 2 diabetes. Inside, you'll find helpful tips on lifestyle changes, along with recipes for delicious, healthy meals your whole family will love, like:

- Buttermilk pancakes
- Rich and creamy sausage-potato soup
- Soy and ginger flank steak
- Grilled haddock with peach-mango salsa
- Walnut chicken with plum sauce
- Kasha-stuffed red peppers
- Cranberry pecan biscotti
- Chocolate cheesecake mousse

This trusted resource also includes a ten-week plan to help you see results immediately. Certified Diabetes Educator Gretchen Scalpi also provides you with techniques for helping children with pre-diabetes gain control of their health. With this expert guide, you can recognize unhealthy behaviors and eating habits--and stop diabetes in its tracks!

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