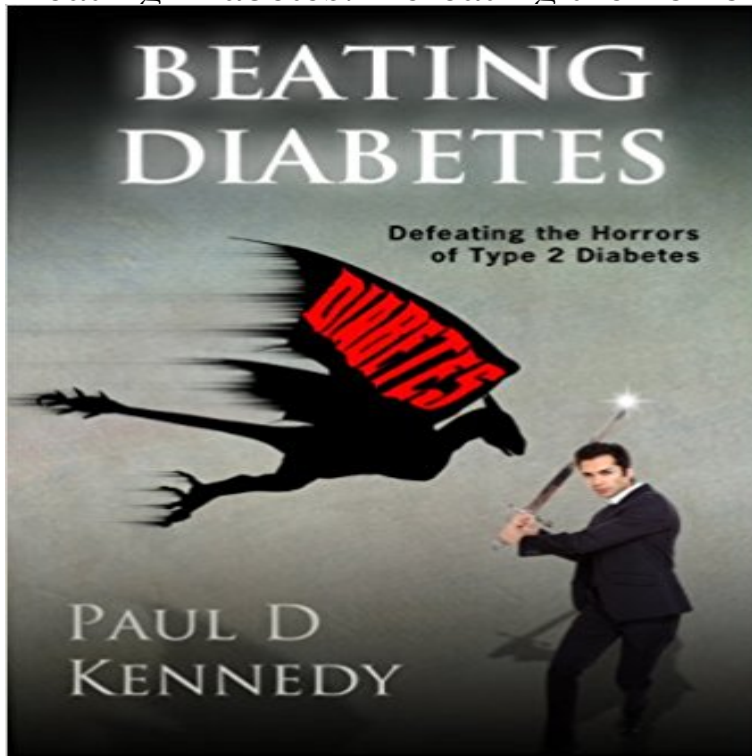


Beating Diabetes: Defeating the horrors of type 2 diabetes



Type 2 diabetes is a sneaky disease. It begins painlessly, with few symptoms. But it is also deadly and if you do not take steps to control it, it will eventually damage your heart, kidneys, eyes, nerves, feet and hands.

There is no cure ... but ... there is a way you can postpone its horrendous consequences almost indefinitely. Hi ... my name is Paul Kennedy ... and I have type 2 diabetes. I was diagnosed many years ago. My condition got progressively worse. Even after I joined a diabetes clinic and began following the well-intended advice of medical professionals, my health continued to deteriorate. Nothing I was told to do seemed to work. So I began researching the matter for myself. I am not a doctor or any sort of medical professional. But I am an experienced researcher. I know how to find, gather, analyse and digest data on most subjects. The solution, I discovered, is surprisingly simple ... all you have to do is eliminate certain foods from your diet. You can read exactly what I did in *Beating Diabetes*. You'll see that it was no more than a minor change in my diet. No medicines were involved. Indeed after a few months I was able to give up the medications I was on for my diabetes. If it worked for me, there is no reason why it should not work for you too. The great thing about this simple solution ... a minor change in diet ... is that it helps you control your cholesterol and blood pressure levels as well as your diabetes. *Beating Diabetes* explains my basic understanding of type 2 diabetes and what I am doing to beat it. The book is divided into four sections: Section 1 ... outlines the basic information you need to understand diabetes. It describes what's going wrong with your body ... how to monitor your condition... the relationship between diabetes, blood pressure, cholesterol levels and weight and how you can control all of these. Section 2 ... presents the information you need to be

able to make informed decisions about the foods you should eat. You will discover the diet I use to beat my diabetes ... the pros and cons of processed foods ... the effects sugar, fat and salt have on your body ... why you need a high-fibre diet ... how the glycemic index works ... what vitamin and mineral supplements you need to take ... and the vital role of water Section 3 ... shows you how particular foods can help you beat your diabetes. There are separate chapters for ... grains ... legumes ... vegetables ... fruits ... meat and fish ... eggs ... dairy products. Each chapter contains a look at the nutrients found in individual foods, all written in simple jargon-free English. You'll discover what foods you need to avoid and the foods you can eat. Section 4 ... wraps up Beating Diabetes with some very practical suggestions. You'll find practical tips on shopping and on how to preserve nutrients while cooking. It contains a checklist of what you must do to monitor your condition, as well as checklists of the foods you may and may not eat for printing out and pinning to your fridge door. That's it ... you'll find the knowledge you need to put off the horrendous outcomes of this pernicious disease ... and, best of all ... you'll discover that you do NOT need a great deal of will-power to beat your diabetes.

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