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The End of Diabetes: The Eat to Live Plan to Prevent and ... Thoroughly researched and encyclopedic in scope, the book presents a diet and exercise program for those who have diabetes or are pre-diabetic. Beginning with a review of the basics, in which he explains what diabetes is and how it affects the body Sanjay goes on to look at various popular diets (such as the Atk

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diet, the Paleo diet, and others), explains them, and rates them.

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The Mediterranean diet includes foods rich in omega-3 fatty acids, usually in the form of fatty fish and walnuts and has limited amount of red meat and other animal products such as dairy foods. Overall, the diet consists of not less than 30% of the daily calories from fats and not more than 50% of the daily calories from carbohydrates." — 0 likes

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*The End of Diabetes: The Eat to Live Plan to Prevent and Reverse Diabetes (Eat for Life) Kindle Edition* by Joel Fuhrman (Author) Format: Kindle Edition. 4.4 out of 5 stars. He offers a complete health transformation, starting with a diet with a high nutrient-per-calorie ratio that can be adapted for individual needs.

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