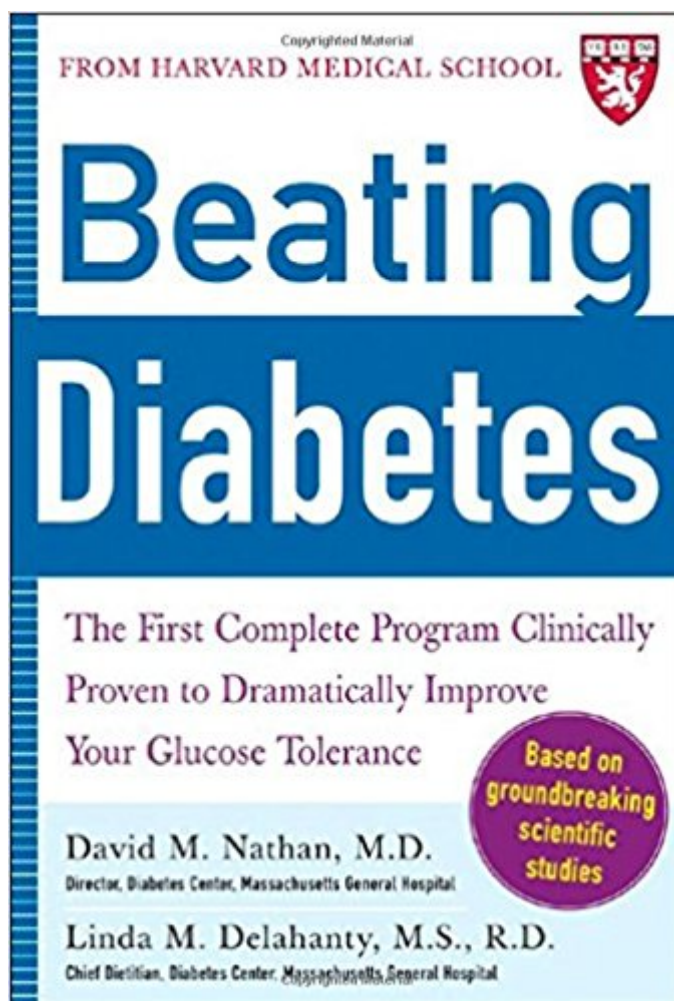


The book was found

Beating Diabetes (A Harvard Medical School Book)



Synopsis

Dr. David Nathan was one of the lead researchers of the landmark Diabetes Control and Complications Trial sponsored by the National Institutes of Health. It scientifically proved that the right program of nutrition and exercise can prevent diabetes in people on the brink of the disease. The same lessons can have a major effect in those who already have diabetes. Approximately 800,000 new cases of diabetes are diagnosed each year in the United States, and that number continues to rise sharply. The results of the Diabetes Control and Complications Trial received enormous media attention because this approach to lifestyle change offers real hope to the vast and growing number of people with prediabetes (40 million in the United States alone) and those with type 2 diabetes (16 million). Now, in *Beating Diabetes*, Dr. Nathan teams up with fellow Harvard Medical School expert Linda Delahanty to arm people at high risk for developing diabetes and those with type 2 diabetes with the first complete, clinically proven program of its kind. Readers get:

- Step-by-step, proven techniques to help them make real and lasting lifestyle changes by eating better and exercising regularly without becoming a health nut or spending hours in the gym
- Tasty, easy-to-prepare recipes and daily meal plans from the chief dietitian at the Massachusetts General Hospital Diabetes Center
- Guidelines for developing diabetes-busting exercise routines appropriate to all ages and fitness levels
- Help in identifying unhealthy, diabetes-promoting behaviors along with expert guidance on making crucial lifestyle changes and sticking with them

Book Information

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Customer Reviews

The clinically proven lifestyle strategies you'll find in *Beating Diabetes* can halt--and in some cases actually reverse--diabetes and its precursor, prediabetes. If you already have diabetes, these lifestyle strategies can help you normalize your blood sugar and maximize your health and quality of life. In 2001, Health and Human Services Secretary Tommy G. Thompson announced that researchers conducting a National Institutes of Health study, the Diabetes Prevention Program, had determined that with relatively modest lifestyle changes those at risk for developing diabetes could dramatically reduce their chances of developing the disease. Picking up where that study left off, Harvard Medical School's David M. Nathan, M.D., one of the leaders of the Diabetes Prevention Program, and Linda Delahanty, M.S., R.D., a leading diabetes nutrition expert who helped design and implement the Diabetes Prevention Program, offer you the first science-based, clinically proven program for beating diabetes through lifestyle changes--without drugs. The premise of this evidence-based program is that inserting diets and exercise into your life doesn't work. Instead, modest changes in lifestyle that are sustainable, day-in and day-out, are the key to effective prevention and treatment of diabetes and its associated disorders. With the help of inspiring real-life success stories of the authors' patients, *Beating Diabetes* arms you with the information you need to regain control over your health, including: Proven, step-by-step techniques that help you make real, lasting lifestyle changes without having to become a health nut or spend hours in the gym Tasty, easy-to-prepare recipes and daily meal plans that can be incorporated into your new lifestyle Guidelines for changing your activity levels and developing diabetes-busting exercise routines appropriate to all ages and fitness levels Self-assessments for identifying diabetes-promoting behaviors, along with expert guidance on how to rid your life of them for good This important new book from the experts at Harvard Medical School empowers you with the knowledge you need to take charge of your health and beat diabetes. You can beat diabetes! Learn how from the experts at Harvard Medical School Finally, some good news for people diagnosed with diabetes or at risk for it. Medical research has shown that with relatively easy, simple-to-adopt lifestyle changes you can dramatically reduce your chances of developing diabetes if you have prediabetes, and, even more remarkably, you can stop type 2 diabetes in its tracks if you already have the disease. Sound too good to be true? It isn't, and in *Beating Diabetes*, you'll discover the first complete, medically proven program for preventing or controlling diabetes with nothing more complicated than making healthier food choices and increasing your activity levels and exercise. David Nathan, M.D., a lead researcher on the landmark National Institutes of Health study that proved that diabetes can be beaten without drugs, and his Harvard Medical School colleague Linda Delahanty, M.S., R.D., a leading international expert on nutrition and diabetes control, team up to bring you the knowledge

and tools you need to: Identify unhealthy, diabetes-promoting behaviors Make crucial lasting lifestyle changes that will help you lose weight and normalize your blood sugar Increase daily activity and develop diabetes-busting exercise routines appropriate to your age and fitness level Keep your glucose levels in line with delicious recipes and daily meal plans

David M. Nathan, M.D., is the director of the Massachusetts General Hospital Diabetes Center and a professor of medicine at Harvard Medical School. An internationally recognized expert on diabetes and its complications, he pioneered the development of intensive therapies for diabetes and was one of the designers of the landmark Diabetes Prevention Program and the Diabetes Control and Complications Trial. Dr. Nathan has appeared on "ABC News," "CBS Evening News," and "The NewsHour with Jim Lehrer," as well as on the CBC and the BBC, and he has been featured in countless publications, including the Wall Street Journal and the New York Times. Linda Delahanty, M.S., R.D., is the director of Nutrition and Behavioral Research and chief dietitian at the Massachusetts General Hospital Diabetes Center and an instructor in medicine at Harvard Medical School. For more than twenty years, she has conducted research in nutrition and the behavioral changes that lead to success with weight loss and improved control of diabetes. Delahanty is a nationally recognized, widely quoted expert in nutrition and diabetes who has counseled thousands of people with diabetes. She is the author of *101 Weight Loss Tips for Preventing and Controlling Diabetes*.

good

Thanks

Not that great.

I disagree with the previous reviewer in one aspect: the book is of no use to you if you already have type II diabetes. The title is deceptive. If you have Diabetes already, this book will not help you "beat it." The main point of the book is how to "prevent it." The basis for the recommendations provide here are supposedly based on success of the "ground-breaking" Diabetes Prevention Program. Unfortunately, if you want to assess on your own the results of that study, or even a small portion thereof, you are out of luck reading this book; just go to the primary literature. In short, although the author (Ms Delahanty) does not highly recommend any diet, and reviews a few diets for

the reader, the high carb, low fat diet approach appears to be by default the diet of choice. Unfortunately, for us (metabolic syndrome (X-ers)), thrifty gene-types, the low fat/high carb approach has lead us down the path to diabetes. And it is not the "It's the calories, stupid," either, Ms Delahanty. We handle all energy sources uniquely. As many low carb dieters can document, they can easily exceed the caloric intake of your low fat dieters and still loose weight, and most importantly of all, keep their blood sugars low. For you with diabetes, save your money and check out a number of low -carb diet books on the market, particularly Drs. Bernstein and Atkins, and you will have a much better chance of "Beating Diabetes."

I am still reading this book. Very informative and lots of things to consider. But so far I really love the detailed information.

The book does a good job of explaining Diabetes and has lots of good tips on how to keep up blood sugar levels down.

This is a great and easy read. Came as advertised.

good information

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