Magic Foods for Better Blood Sugar

Best Healthy Eating Book Ever

My Personal Review:
This book not only contains sections on what causes insulin resistance, and easy to understand information on why we should eat certain foods and avoid others, but the recipes are wonderful. There are tips for quick dishes, as well as gourmet recipes that would make any cook proud, plus tips that help control blood sugar that I have not found in any other diet or nutrition book. The information is solid, sensible, and well documented, plus the pictures of dishes are mouth watering, encouraging even a beginning cook. If you own only one diet book, this should be the one.

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