



The Diabetes Breakthrough: Based on a Scientifically Proven Plan to Reverse Diabetes Through Weight Loss

By Osama Hamdy, Sheri Colberg

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, The Diabetes Breakthrough: Based on a Scientifically Proven Plan to Reverse Diabetes Through Weight Loss, Osama Hamdy, Sheri Colberg, A Harvard Medical School diabetes specialist and a top exercise physiologist share a proven and effective 12-week plan to reverse the course of Type 2 diabetes, lose weight, and ditch the medication for good. In this groundbreaking book, diabetes and weight management expert Osama Hamdy, M.D., Ph.D., reveals how you can reverse the course of your type 2 diabetes, lose weight for good and finally reclaim your health-in just 12 weeks! This book will help you: * Cut your medications by 50-60%-or even stop them altogether! * Learn how to safely lose-and keep off-those 10, 20 or even 50 plus pounds that are holding you back from a healthy life. * Tailor your exercise plan to the way you really live and work, so you can get results without being a slave to the gym. * .and more! With information on how to create checklists, goal worksheets, and including real-life success stories, The Diabetes Breakthrough will help keep you motivated in making smart decisions-even on the busiest days!.



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