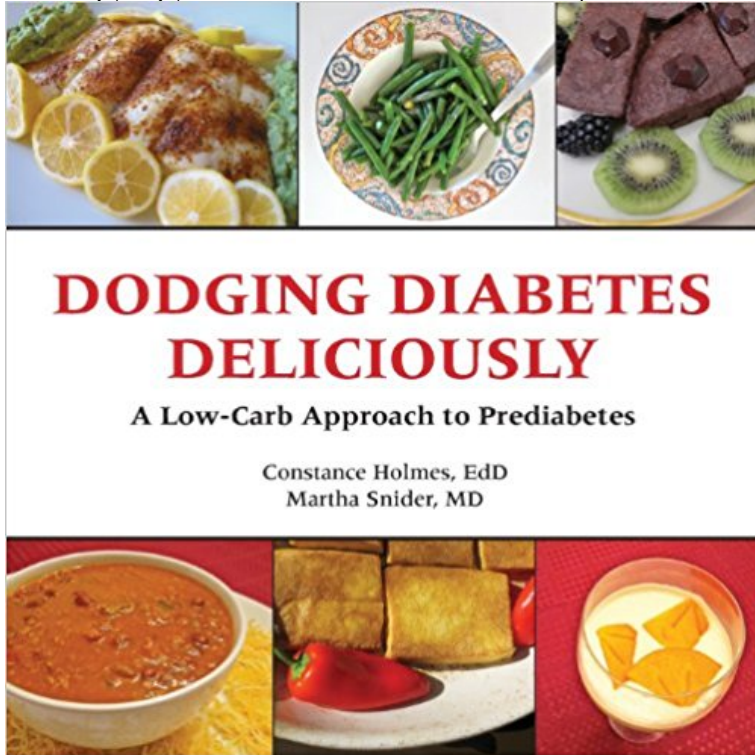


Dodging Diabetes Deliciously a Low-Carb Approach to Prediabetes



ABOUT THE BOOK The global spread of diabetes has reached epidemic proportions. Here in the US, 1 in 3 adults is at risk of diabetes and is already, often unknowingly, in the pre-diabetes stage. The good news is that by adopting a low-carb diet and engaging in regular exercise, those in the pre-diabetes stage can not only halt but even reverse their condition. Dodging Diabetes Deliciously offers a timely intervention in the form of 16 meals with fewer than 20 grams of carbohydrate each - including dessert! The recipes have been glucose-tested on the chef, Connie Holmes, Ed.D (herself working to reverse her pre-diabetes) and are simple and easy-to-prepare. But this is no ordinary diabetes prevention cookbook. This mouth-watering collection - drawing on fresh, local, organic and seasonal ingredients and illustrated with vivid photography - is a celebration of good food and good health. It is also a valuable source of information for those tackling the challenge of pre-diabetes. Co-authored by Martha Snider, M.D., Dodging Diabetes Deliciously includes several appendices, carefully researched, that address issues such as the role of weight loss, timing of meals and the use of artificial sweeteners. Dodging Diabetes Deliciously will guide and inspire all those seeking to avoid the ravages of diabetes and wanting to take creative and constructive control of their health.

ABOUT THE AUTHORS Constance Holmes, Ed.D., is a clinical psychologist who, for 25 years, has counseled cancer patients and their families. She received her doctoral degree from Boston University and her clinical training at Massachusetts General Hospital in Boston. She has published several articles on psychooncology and end-of-life care in *Advances* and other journals. She has also presented workshops and participated in panels for the American Association of Psycho-Oncology.

Diagnosed with pre-diabetes in 2010, she and her co-author, Martha Snider, M.D., have collaborated on a cookbook designed to help achieve the goal of reversing pre-diabetes. Illustrated with lovely photographs by Dr. Snider, this cookbook contains 16 menus-4 for each season, all deliciously low-carb and easy to prepare. Martha Snider, M.D., During her career as a pediatrician, Dr. Snider was chair of a 30-person department and assistant chief of a 260-bed hospital. For more than a decade she has worked as a consultant to the Medical Board of California, an agency whose mission is to protect public health and safety. Her paintings, photographs and collages have been exhibited extensively in the San Francisco Bay Area.

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