

[PDF] The New Glucose Revolution For Diabetes: The Definitive Guide To Managing Diabetes And Prediabetes Using The Glycemic Index (Marlowe Diabetes Library)

Kaye Foster-Powell M. Nutr & Diet, Kaye Foster-Powell B.SC. M. Nutri. & Diet, Dr. Dr. Jennie Brand-Miller M.D. M.D., M.D. Stephen Colagiuri M.D., Alan Barclay - pdf download free book



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Description:

Review "*The New Glucose Revolution for Diabetes* is a fantastic book that covers everything about diabetes in simple, clear and easy-to-read language while it is also accurate and up-to-date. The discussion about GI is balanced and places it into exactly the right perspective as an important and helpful component of the diet, but not the only thing that needs to be considered. Not only does it have lots of helpful technical information about diabetes but it also has lots of practical tips and tasty recipes. This is the only book that people with diabetes will need." -- *Thomas M. S. Wolever, Ph.D., D.M., department of nutritional sciences, University of Toronto*

"*The New Glucose Revolution for Diabetes*, written by a compassionate team of experts, combines years of clinical experience and state-of-the-art research into a comprehensive approach to diabetes. The book is loaded with practical information, step-by-step guidance, recipes and other supports that will guide the reader to prevent a problem from developing, or effectively manage one that has. I recommend it enthusiastically." -- *David Ludwig, M.D., Ph.D., director, Optimal Weight for Life program, Children's Hospital Boston, and author of Ending the Food Fight*

"Diabetes is the epidemic of the 21st century and this book will empower you to take charge of your life and 'live well' with diabetes. Written by the world's experts on diet and the glycemic index, this book will provide the tools you need to make dietary and lifestyle changes to achieve lifelong health. The authors are to be congratulated for an eminently lucid book with the potential for real impact on public health." -- *JoAnn E. Manson, M.D., professor of medicine, Harvard Medical School, and chief of preventive medicine, Brigham and Women's Hospital*

"Jennie Brand-Miller's research has proven that the low-GI approach works wonders, bringing easy weight loss and improved blood sugar control. We have used a low-GI menu with great results in our research studies, and I would recommend the GI method as an important tool for anyone." -- *Neal D. Barnard, M.D., Adjunct Association Professor of Medicine, George Washington University School of Medicine; President, Physicians Committee for Responsible Medicine*

"These authors get it: People with diabetes must actively participate in their self-care. To do this effectively, they must be properly informed. *The New Glucose Revolution for Diabetes* arms the patient with practical information that assists them in managing their diabetes on a day-to-day basis." -- *Johanna Burani, R.D., C.D.E., author of Good Carbs, Bad Carbs*

About the Author Jennie Brand-Miller, Ph.D., one of the world's foremost authorities on carbohydrates and the glycemic index, has championed the GI approach to nutrition for more than 20 years. Professor of Nutrition at the University of Sydney and the President of the Nutrition Society of Australia, Brand-Miller manages a GI food-labeling program in Australia (www.gisymbol.com.au) with Diabetes Australia and the Juvenile Diabetes Research Foundation to ensure that claims about the GI are scientifically correct and applied only to nutritious foods. Winner of Australia's prestigious ATSE Clunies Ross Award in 2004 for her commitment to advancing science and technology, Brand-Miller is one of the world's most in-demand speakers on the GI and her laboratory at the University of Sydney is the world's foremost GI-testing center.

Kaye Foster-Powell, M. Nutr & Diet, an accredited dietitian-nutritionist with extensive experience in diabetes management, counsels hundreds of people a year on how to improve their health and

well-being and reduce their risk of diabetic complications through a low-GI diet. She is the lead author of the authoritative tables of GI and glycemic load values published in the American Journal of Clinical Nutrition. She is the coauthor of all books in the Glucose Revolution series.

Stephen Colagiuri, MD is the Director of the Diabetes Centre and Head of the Department of Endocrinology, Metabolism and Diabetes at the Prince of Wales Hospital in Randwick, New South Wales. He graduated from the University of Sydney and received his Fellowship of the Royal Australasian College of Physicians. He has a joint academic appointment at the University of New South Wales. He has more than 100 scientific papers to his name, many concerned with the importance of carbohydrates in the diet of people with diabetes, and is coauthor of several books in the Glucose Revolution series.

Alan Barclay is an Accredited Practicing Dietitian and is completing a PhD at the University of Sydney, researching the association between glycemic carbohydrate and the risk of developing chronic lifestyle-related diseases like Type 2 diabetes. He is a member of the Editorial Board of Diabetes Australia's Health Professional magazine, Diabetes Management Journal, and was a founding Director of Glycemic Index Ltd, the company behind Australia's Glycemic Index Symbol Program, which provides information about the glycemic index on food labels

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