



Paleobetic Diet: Defeat Diabetes and Prediabetes With Paleolithic Eating

Steve Parker MD, Sunny Parker

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Dr. Steve Parker (M.D.) teaches you how to control your blood sugar and eliminate or reduce diabetes drugs by working with Nature, not against her. You'll even lose excess weight if needed. This is the first-ever Paleolithic-style diet created specifically for people with diabetes and prediabetes. Also known as the caveman, Stone Age, paleo, or ancestral diet, the Paleolithic diet provides the foods our bodies were originally designed to thrive on. You'll not find the foods that cause modern diseases of civilization, such as concentrated refined sugars and grains, industrial seed oils, and over-processed Franken-foods. Our ancestors just five generations ago wouldn't recognize many of the everyday foods that are harming us now. On the Paleolithic diet, you'll enjoy a great variety of food, including nuts and seeds, vegetables, fruit, meat, seafood, and eggs. Dr. Parker and his co-author wife provide one week of meal plans to get you started, plus additional special recipes. Meals are quick and easy to prepare with common ingredients. You'll find detailed nutritional analysis of each meal, including carbohydrate grams. All measurements in the book are given in both U.S. customary and metric units. Blood glucose values are provided as both mmol/l and mg/dl. Also included is information and advice on exercise, weight loss, all 12 classes of diabetes drugs, management of hypoglycemia, and recommended drug dose adjustments. About the authors... Steve Parker, M.D., has three decades' experience practicing Internal Medicine and treating patients with diabetes and prediabetes. His other major areas of interest are weight loss and physical fitness. He and his wife Sunny live in Scottsdale, Arizona USA. Dr. Parker's other books include "The Advanced Mediterranean Diet: Lose Weight, Feel Better, Live Longer (2nd Ed.)," "Conquer Diabetes and Prediabetes: The Low-Carb Mediterranean Diet," and "KMD: Ketogenic Mediterranean Diet." Discover more at www.PaleoDiabetic.com.

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