



17. Non-fiction – Health

DEFEATING DIABETES by Brenda Davis and Tom Barnard

A no-nonsense approach to Type 2 Diabetes and the Diabetes Epidemic

Up to this point, a diagnosis of adult onset diabetes (Type 2) has been seen as irreversible. Dr. Tom Barnard and Brenda Davis (a registered dietitian and renowned author of several books on diet and health) offer real hope that the causes of Type 2 diabetes can be eliminated, allowing people with this disease to regain their health. They recommend positive steps and offer basic lifestyle changes that can curb our modern diabetes epidemic.

Gives user-friendly advice on how to improve exercise, sleep, sex, and self-care. Addresses all of the essentials for living well including the importance of emotional well-being. In cases where diet and exercise are not enough, information on alternative therapies and supplementations are explored as well as conventional therapies.

Complete with numerous charts, graphs, and sidebars, *Defeating Diabetes* is a comprehensive resource that offers real hope and real solutions to today's diabetes epidemic. Includes over 50 recipes, meal menus, a basic shopping list and a new food pyramid designated for people with diabetes, readers are given all the tools they need for a successful transition to a new dietary lifestyle.

RIGHTS SOLD: French, German

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- Over 150 000 copies sold