

Conquer Diabetes And Prediabetes: The Low-Carb Mediterranean Diet

By Steve Parker M.D.

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conquer diabetes and prediabetes: the low-carb mediterranean - Editorial Reviews. About the Author. Steve Parker, M.D., is a leading medical expert on the Mediterranean diet and author of the award-winning "Advanced

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busting the top 10 carb myths - today's dietitian magazine - Research shows that Mediterranean-style and other plant-based diets with high Cereal, or grain, fiber is associated with a reduced risk of type 2 diabetes and While many studies have found low-carb diets to be more effective for weight loss Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently,

march | 2011 | low carb age - His new book Conquer Diabetes and Prediabetes: The Low-Carb Mediterranean Diet provides a comprehensive overview of the diet.

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