



Other Diabetes, The: Living And Eating Well With Type 2 Diabetes

Elizabeth N. Hiser

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Type 2 diabetes, the most common and least-known-about form of diabetes, afflicts an estimated sixteen million people in America. Unlike juvenile diabetes (Type 1), which is monitored through insulin injections, Type 2 -- or late-onset, as it is also known -- diabetes is treated through diet and exercise habits that can control the disease and help to prevent early death from heart disease, a complication of this kind of diabetes if left unattended.

Author Elizabeth Hiser offers a complete review of the latest research on fat, fiber, carbohydrates, and vitamin supplements, detailing their importance in controlling Type 2 diabetes. In addition to outlining a healthy exercise program, Ms. Hiser also provides a two-week menu plan and over 80 healthy recipes to help get you started on the road to living and eating well. So, whether you suffer from Type 2 diabetes or care for someone who does, *The Other Diabetes* is the most complete, up-to-date handbook, cookbook, and health manual you can own.

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