



Chef Tell's Healthy (Diabetic) Recipes

Ronald Joseph Kule

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Chef Tell is America's pioneer TV showman chef. According to TV host Regis Philbin, "Chef Tell started all this television madness about chefs!"

Tell's fan base was 40,000,000 Baby Boomers, more than Julia Child's. He was also the author of five best-selling cookbooks.

Working in the kitchen for over 40 years hurt his health. After a doctor visit, he was told, "Your cholesterol is 640 and your Triglyceride level is 723. You also have Diabetes Type 2." The doctor continued, "If I tell you all the things you should not do anymore, you'll probably die from withdrawal symptoms."

As he had so many times before when facing obstacles, Chef Tell decided to do something about it. He cut his drinking back. He changed eating and cooking habits and he cooked much lighter, almost a Mediterranean regime, using olive and vegetable oils, lots of fresh vegetables, fruits, whole grains, and legumes, among other changes.

Over three years, with just these changes and no pills, his cholesterol count dropped to 228 and Triglycerides to 250! His weight at the time of diagnosis was 310 lbs., and in nine months he dropped 60 pounds.

He did many charitable events at hospitals and HMOs about Diabetes. He also decided to write this cookbook. In his words:

"I want to bring the involved and sometimes difficult rules and cooking methods of diabetic diets down to a level that all of us can understand and follow. And give you recipes that taste great, are easy to prepare and offer good health."

These recipes are Chef Tell's gift to your health.

(Author's Note: **This book's 22 BRAND NEW RECIPES were created by Chef Tell**, who passed away unexpectedly on October 26, 2007. An American culinary icon, he was a friend to millions of home cooks. His TV personality and knowledge made cooking great-tasting home meals possible and FUN!)

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Exactly why? Because this Chef Tell's Healthy (Diabetic) Recipes is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will surprise you with the secret that inside. Reading this book beside it was fantastic author who have write the book in such remarkable way makes the content within easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you for not hesitating having this anymore or you going to regret it. This book will give you a lot of benefits than the other book get such as help improving your expertise and your critical thinking way. So , still want to delay having that book? If I were being you I will go to the publication store hurriedly.

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