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The Low-Starch Diabetes Solution: Six Steps to Optimal Control of Your Adult-Onset (Type 2) Diabetes: Six Steps to Optimal Control of Your Adult-Onset (Type 2) Diabetes

Rob Thompson, Dana Carpender

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CONTROL YOUR DIABETES BY TARGETING THE TRUE CULPRIT: STARCH

The author of the popular *The Glycemic-Load Diet* reveals his revolutionary method for keeping blood sugar stable for life.

In this groundbreaking book, Dr. Rob Thompson, a preventive cardiologist and champion of glycemic-load science, brings you an easy-to-follow, low-starch diet-and-exercise program that promises to stabilize blood sugar in just seven days. Dr. Thompson has changed the way we think about treating diabetes—and kept his own under control for ten years—with his focus on starch, not sugar, as the number-one cause behind this chronic condition.

Dr. Thompson offers hope for the millions of diabetes sufferers who follow their doctors' orders to the letter yet see their diabetes steadily worsen. In six easy steps, you will learn to eliminate the harmful effects of dietary starch and keep your blood sugar levels perfect while enjoying satisfying amounts of delicious food (including chocolate!).

The Low-Starch Diabetes Solution gives you:

- An innovative program that challenges current ADA guidelines—not available in any other book
- Tips on starch-free cooking and easy-to-make low-starch recipes by Dana Carpender, author of the bestselling 15-Minute Low-Carb Recipes
- A seven-day, easy-to-follow menu plan
- A way to lose weight, regain vitality, and reduce medication

ROB THOMPSON, M.D., is a board-certified cardiologist in private practice who has counseled patients with high cholesterol, diabetes, and heart disease for more than twenty-five years. He is the author of *The New Low-Carb Way of Life*, *The Glycemic-Load Diet*, and *The Glycemic-Load Diet Cookbook*. Thompson resides in Seattle, WA.

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