



The G.I. Diet Diabetes Clinic: A Week-by-Week Guide to Reversing Diabetes

Rick Gallop

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In this real-life clinic, Rick Gallop coaches men and women who suffer from diabetes, pre-diabetes and type 2 diabetes through the challenges of changing their eating habits to help control their disease.

In this latest week-by-week guide, diet guru Rick Gallop tackles the epidemic problem of diabetes and weight gain. Just as **The G.I. Diet Menopause Clinic** did, this book will include food charts based on Gallop's practical and easy-to-follow traffic light system, up-to-date nutritional information attuned to pre-diabetics, type 2 diabetics and insulin-dependent diabetics, weekly meal plans, practical weight loss tips and delicious and easy recipes. The original **G.I. Diet** was singled out by the Canadian Diabetes Association for its effectiveness at controlling weight gain and blood sugar levels, both crucial factors in diabetes. Here Rick documents the results as men and women at risk of diabetes or who already have the condition change the way they eat as an effective means of helping to manage the disease.

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