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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!).

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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!). With The Glycemic-Load Diabetes Solution you get: A seven-day menu plan that you can easily introduce into your lifestyle

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Now Dr. Thompson shares with you his easy-to-follow, low-starch diet-and-exercise program that promises to stabilize blood sugar and balance your glycemic load in just seven days. 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!).

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The Glycemic Load Diabetes Solution Six Steps to Optimal

Take control of your diabetes and revitalize your health with this proven program. For more than ten years, preventive cardiologist and champion of glycemic-load science Dr. Rob Thompson has kept his diabetes under control by targeting starch--not sugar--as the number-one cause behind this chronic condition.

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