



THE LOW GI Guide to the METABOLIC SYNDROME and YOUR HEART

From the authors of the ORIGINAL worldwide bestselling series
THE NEW GLUCOSE REVOLUTION

Low Gi Guide To The Metabolic Syndrome And Your Heart

**Dr. Jennie Brand-Miller, Anthony
Leeds, Kaye Foster-Powell**



Low Gi Guide To The Metabolic Syndrome And Your Heart:

The Low GI Guide to Your Heart and the Metabolic Syndrome Janette Brand-Miller, Jennie Brand-Miller, Anthony R. Leeds, Kaye Foster-Powell, 2006 Cardiovascular disease heart stroke or vascular disease is the leading cause of death Now a new silent disease is also affecting us the metabolic syndrome sometimes called the insulin resistance syndrome or Syndrome X a collection of abnormalities that increase your risk of heart disease The good news is that the type of carbohydrate you eat can help prevent these deadly diseases and ensure better heart health A diet rich in carbohydrates with a low glycemic index will help control blood glucose insulin sensitivity and weight and reduces the risk of heart disease and the metabolic syndrome This handy companion guide to The New Glucose Revolution and Low GI Guides includes the latest statistics and studies on heart disease easy to understand information on the GI practical tips to make low GI eating a way of life the latest information on the GL glycemic load 8 new 7 day low fat low GI meal plans including Asian Greek Italian Japanese and Middle Eastern recipes With all the information you need about the GI and its benefits for heart health and easy guidance on following a low GI diet this is essential reading for anyone interested in having a healthy heart and a healthy life **The Low Gi Handbook** Foster-Powell Kaye, Brand-Miller Jennie, 2011-01-22 With over 1 million copies sold of the three previous editions The New Glucose Revolution is the go to book for all things GI Now in its fourth edition The New Glucose Revolution is completely revised and updated expanding on the most recent scientific findings related to GI and health It includes new chapters dedicated to pre diabetes pregnancy and heart health easy and delicious recipes weekly low GI menu ideas and the GI values for more than 900 different foods and drinks plus saturated fat and carbohydrate contents listed On the heels of Dr David Jenkins groundbreaking GI study one of the largest and longest to assess the impact of foods with a low GI the time is right to adopt and maintain a low GI lifestyle If you want to lose weight manage your diabetes and improve your blood glucose levels cardiovascular health and sense of well being this is the book for you *The Low GI Guide to Living Well with PCOS* Dr. Jennie Brand-Miller, Janette Brand Miller, 2011-02 Rev ed of New glucose revolution guide to living well with PCOS Jennie Brand Miller Nadir R Farid Kate Marsh 2004 *The Low GI Guide to the Metabolic Syndrome and Your Heart* Janette Brand Miller, 2005 **The Low GI Handbook** Dr. Jennie Brand-Miller, Thomas M. S. Wolever, 2010-07-13 Portion of edition statement from p 4 of cover *The New Glucose Revolution Low GI Guide to the Metabolic Syndrome and Your Heart* Dr. Jennie Brand-Miller, Anthony Leeds, Kaye Foster-Powell, 2006-06-22 Written by the leading authorities on the Glycemic Index The New Glucose Revolution Guide to the Metabolic Syndrome and Your Heart provides readers with the most up to date information about using the GI to reduce their risk of having a heart attack It explains the importance of slowly digested low GI carbohydrates and offers important dietary guidelines for managing blood glucose levels controlling insulin sensitivity and losing weight Also included is a seven day meal plan and the GI values for hundreds of foods and beverages Shopper's Guide to GI Values Jennie Brand-Miller, Kaye Foster-Powell, 2014-12-30 Diet trends come and go but eating according to the

glycemic index to avoid blood sugar spikes is a consistent scientifically proven way to manage your health through your eating habits The Low GI Shopper s Guide to GI Values 2015 makes it easier than ever This go to reference has everything you need to know to use the glycemic index whether you are trying to lose weight or manage a chronic condition like diabetes The GI tables comprehensive lists of foods and their glycemic index values are the key to unlocking the health benefits of a low GI diet The 2015 edition of the Shopper s Guide also offers nutritional data for more than 1 200 popular foods definitive at a glance tables arranged by food category tips for maintaining a gluten free low GI diet facts about sugar and sweeteners and shopping lists and tips for everyday meals and dining out [The New Glucose Revolution Low GI Gluten-Free Eating Made Easy](#) Dr. Jennie Brand-Miller,Kate Marsh,Philippa Sandall,2008-03-25 Discusses the importance of a low glycemic index gluten free diet provides recipes for this type of diet and offers information about serving sizes calorie and carbohydrate content and glycemic index values for many foods **Everything You Need to Know to Manage Type 2 Diabetes** Jennie Brand-Miller,Kaye Foster-Powell,2015-05-01 A practical easy to use guide to help you manage type 2 diabetes or prediabetes If you are one of the millions of people living with diabetes or prediabetes you may feel like you re inundated with information on how to manage your condition The good news is that we now know a lot more about managing diabetes or reducing your risk of developing it and here the world s foremost glycemic index experts share their wisdom Rather than blind you with science or swamp you with facts Everything You Need to Know to Manage Type 2 Diabetes sets out clearly and simply what you need to eat and do to help you Reduce your risk of developing diabetes Improve your insulin sensitivity and your cardiovascular health Keep your blood glucose levels blood pressure and blood fats under control Reduce your body fat and maintain a healthy body With tips and strategies for working with your doctor the most recent info on medications and guidance on the best foods to eat at home or at a restaurant Everything You Need to Know to Manage Type 2 Diabetes offers uncomplicated straightforward advice to help you survive and thrive **Low GI Diet Shopper's Guide 2014** Jennie Brand-Miller,Kaye Foster-Powell,2013-10-29 Unlock the secrets to long term health with Australia s bestselling LOW GI DIET SHOPPER S GUIDE now updated for 2014

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