



La Revolucion Diabetica del Dr. Atkins EPB: El Innovador Programa para Prevenir y Controlar la Diabetes (Spanish Edition)

Robert C. Atkins

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Las estadísticas son asombrosas. Trece millones de americanos han sido diagnosticados con diabetes tipo 2, y otros 5.2 millones ni siquiera saben que la tienen. Durante los últimos treinta años, los casos de diabetes se han triplicado, y cada año, mueren aproximadamente 200,000 personas debido a complicaciones con la enfermedad. En el caso de los latinos, las estadísticas son aún más alarmantes. De los latinos que viven en Estados Unidos, se estima que hay un total de 2 millones que sufre de diabetes, y se calcula que entre hispanos, la incidencia de la diabetes tipo 2 es el dos veces más común que en los demás grupos étnicos. Pero la diabetes tipo 2 sí se puede prevenir. En La Revolución Diabética del Dr. Atkins, encontrará un programa completo que incluye numerosos menús, recetas y ejercicios especialmente diseñados para ayudarlo a llevar un estilo de vida sano y lleno de vitalidad. Este innovador libro le ayudará a:

Identificar su riesgo de diabetes lo antes posible

Descubrir si tiene el síndrome metabólico

Cambiar su estilo de vida para evitar los desequilibrios metabólicos que llevan a la diabetes

Reducir sus posibilidades de tener un ataque al corazón, un derrame y algunas formas de cáncer

Reducir su riesgo de desarrollar una enfermedad del corazón, bajando su nivel de triglicéridos y aumentando su HDL o colesterol "bueno"

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