



Stop Prediabetes Now: The Ultimate Plan to Lose Weight and Prevent Diabetes

By Jack Challem, Ron Hunninghake

Turner Publishing Company. Paperback. Condition: new. BRAND NEW, Stop Prediabetes Now: The Ultimate Plan to Lose Weight and Prevent Diabetes, Jack Challem, Ron Hunninghake, Advance praise for Stop Prediabetes Now "As usual, Jack Challem has brought us a book right on target and ahead of the health curve. This surprising, unbiased book tells the truth about a condition that has clearly become a hidden epidemic in this country. Stop Prediabetes Now is one of the most important books to be published in a very long time." -Ann Louise Gittleman, Ph.D., C.N.S., New York Times bestselling author of The Fat Flush Plan and The Fast Track Detox Diet "In this important and timely book, Jack Challem and Dr. Ron Hunninghake explain what most doctors can't-that type 2 diabetes and prediabetes can actually be reversed and eliminated by eating properly, exercising, and controlling weight. The authors have demystified diabetes and made the solution clear and accessible to everyone. If everyone followed the advice in Stop Prediabetes Now, we would have a much healthier world." -Mark Liponis, M.D., Corporate Medical Director, Canyon Ranch, and author of UltraLongevity "Diabetes and prediabetes are nutritional diseases, and the best way to prevent and reverse them is...



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