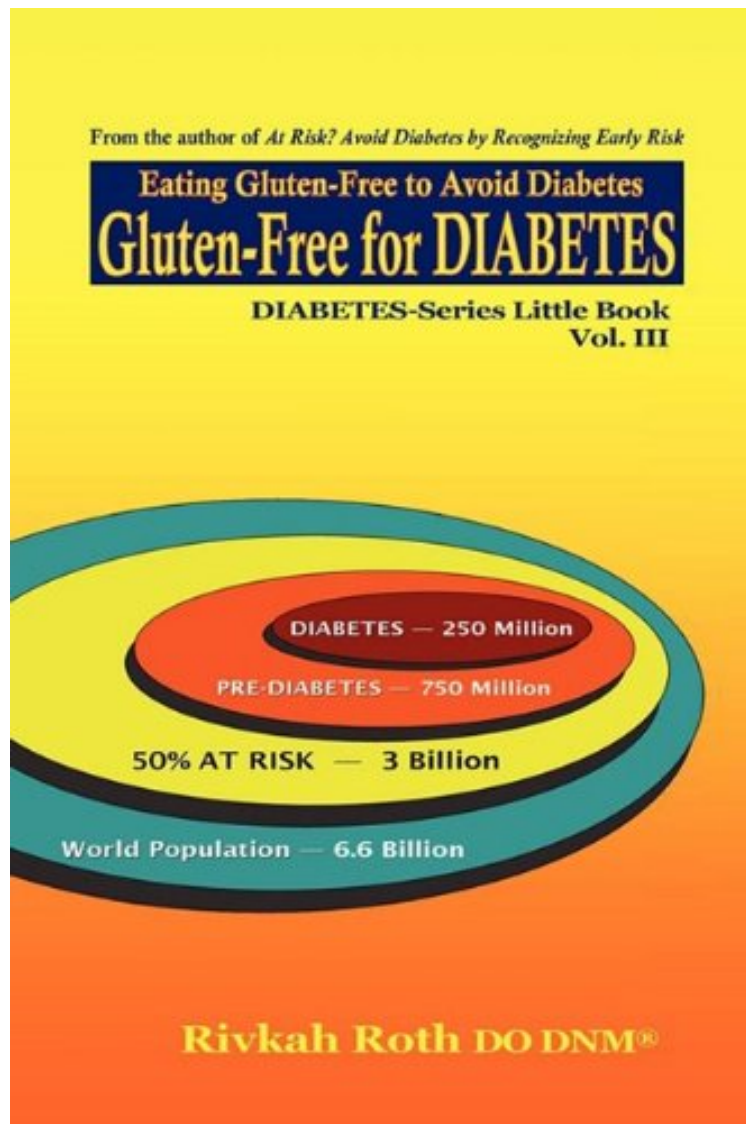


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Gluten-Free for Diabetes: Eating gluten-free to avoid diabetes (Diabetes-Series Little Book)

Rivkah Roth

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before purchasing it in order to gauge whether or not it would be worth my time, and all praised Gluten-Free for Diabetes: Eating gluten-free to avoid diabetes (Diabetes-Series Little Book):

One in three North-Americans born in 2000 and one in two minority individuals will develop diabetes. Yet, diabetes is largely avoidable. *Gluten-Free for Diabetes*, one of the *DIABETES-Series Little Books*, describes the connection between carbohydrates, gluten grains and their addictive qualities. It shows how to reduce inflammation to avoid diabetes and its complications by going gluten-free.