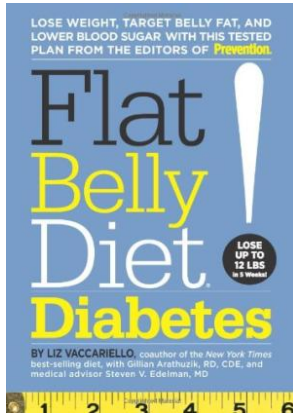


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## FLAT BELLY DIET! DIABETES



Rodale Press. Hardback. Book Condition: new. BRAND NEW, Flat Belly Diet! Diabetes, Liz Vaccariello, Gillian Arathuzik, The magic ingredient behind "The New York Times" best-selling "Flat Belly Diet!" - monounsaturated fatty acids (or MUFAs) - may not only target stubborn belly fat, but may also help treat the underlying cause of type 2 diabetes: insulin resistance. The 5-week program includes a sensible diabetes-friendly diet that teaches readers how to incorporate pasta, chocolate, and other 'forbidden' foods - along with a...

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- Authored by Liz Vaccariello, Gillian Arathuzik
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