



## House-Training the Diabetes Monster (Paperback)

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By Robert Grant Fines

MG Media, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.House-training the Diabetes Monster is for anyone concerned with type II diabetes, either for themselves or someone close to them. It is written from a successful health coaching perspective, where the author simplifies our basic physiology as it relates to diabetes. He then outlines the steps he uses in helping his clients either avoid, control, and best of all reverse type II diabetes. He guides the reader through six easy steps to get their disease under control followed by four more steps to take total control back. The authors lifelong passion has been health and nutrition. After many years working as a CEO and Chief Technology Officer, he changed careers and became a Certified Health Coach through the Integrative Institute of Nutrition. The strategies I successfully use as a health coach are outlined in this book, starting with getting your mind right about the required changes, learning the basic s of how your body metabolizes carbohydrates, and a new outlook on food. Many doctors have encouraged Grant to write this book, including the two who s quotes...



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