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House-training the Diabetes Monster

Robert Grant Fines

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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 endorsing the book are seen on the back cover. According to Dr. Jonathan Paul Navar from Texas Tech University Health Science Center, he says “Finally an approach that gets to the cause of this disease. As a practicing Primary Care Physician I manage and treat diabetes daily. I wish I had two hours per office visit to spend reading House-training the Diabetes Monster with all of my diabetic and pre-diabetic patients. This book helps people to understand diabetes, helps set them up for success, and provides the tools necessary to conquer the diabetes monster. I recommend it to all my patients and I use the nutritional principles detailed in this book to treat and reverse diabetes in my daily practice.” Q: Why did you write a book about Diabetes? A: I’ve lived a life surrounded by diabetes. I don’t have it, but I watched my father become a type II diabetic when he was in his late thirties and I was six. His disease progressed quickly and complications started despite his trying to follow his doctor and nutritionists advice. What I’ve learned was despite their best intentions, they had no idea how to treat him. With advances in research, we know the cause of type II diabetes and that it is controllable and even reversible in many instances. What’s the point of having great science if we are not going to use it? Q: What makes you qualified to write such a book A: Health and nutrition has been my life’s passion. After holding a number of ‘C’ level jobs, I enrolled and became a Certified Health Coach through the Integrative Institute of Nutrition. I love working with people and while the ‘C’ level jobs were rewarding, nothing tops helping someone overcome type II diabetes. The strategies I use are outlined in this book, starting with getting your mind right about the required changes, how to heal your body, and a new outlook on food. Q: Why should someone read this book? A: It is written for everyone to understand. The physiological factors behind type II diabetes are very complex, but I have made them very easy to comprehend. You really need this basic physiology to grasp what goes on inside your body when you eat something. I’ve also made it easier to differentiate between carbohydrates by categorizing them into good, ok and bad. I’ve done the same with fats. Good fats, which I call body friendly fats, are society’s most maligned food, mainly because people don’t know how to differentiate between them and bad fats. This knowledge is critical in order to live a healthier life. I’ve broken my strategies into two sections, first is the easy steps which includes learning a new mindset towards food, how best to fast, and which supplements to take. When the reader is ready, the section on taking on more includes how to restore your gut health and about cholesterol ratios.

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Dorothy Marsh:

Why don't make it to become your habit? Right now, try to ready your time to do the important act, like looking for your favorite guide and reading a publication. Beside you can solve your long lasting problem; you can add your knowledge by the reserve entitled House-training the Diabetes Monster. Try to face the book House-training the Diabetes Monster as your buddy. It means that it can to become your friend when you experience alone and beside regarding course make you smarter than before. Yeah, it is very fortuned for you personally. The book makes you more confidence because you can know every thing by the book. So , let me make new experience and knowledge with this book.

Jean Smith:

This book untitled House-training the Diabetes Monster to be one of several books this best seller in this year, that's because when you read this publication you can get a lot of benefit into it. You will easily to buy this book in the book retail store or you can order it by using online. The publisher in this book sells the e-book too. It makes you quickly to read this book, as you can read this book in your Touch screen phone. So there is no reason to your account to past this reserve from your list.

Susan Dixon:

Spent a free time for you to be fun activity to perform! A lot of people spent their down time with their family, or their particular friends. Usually they accomplishing activity like watching television, gonna beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Could possibly be reading a book can be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the reserve untitled House-training the Diabetes Monster can be fine book to read. May be it can be best activity to you.

Judy Brown:

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