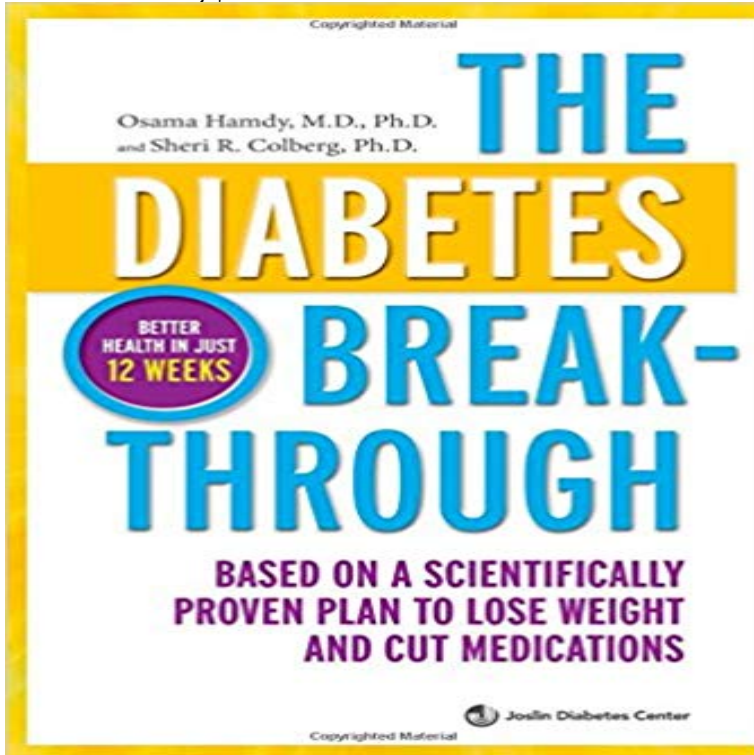


The Diabetes Breakthrough: Based on a Scientifically Proven Plan to Lose Weight and Cut Medications



Why WAIT? In this groundbreaking book, diabetes and weight management expert Osama Hamdy, M.D., Ph.D., reveals how you can reverse the course of your type 2 diabetes, lose weight for good and finally reclaim your health in just 12 weeks! Dr. Hamdy is at the forefront of cutting-edge clinical research conducted at Joslin Diabetes Center, an affiliate of Harvard Medical School. For the first time, he shares those scientific breakthroughs in a usable and doable step-by-step 12-week plan based on the successful Why WAIT (Weight Achievement and Intensive Treatment) program he conducts at Joslin. And with the professionally formulated exercise plans fine-tuned by Dr. Sheri Colberg, an exercise physiologist and renowned diabetes fitness expert, you'll not only get results but keep them. With the Why WAIT program, Dr. Hamdy and his Joslin team have helped hundreds of patients: Break free from the pill bottle. It is possible to cut your medications by 50-60% or even stop them altogether! Stop fearing the scale. Learn how to safely lose and keep off those 10, 20 or even 50 plus pounds that are holding you back from a healthy life. Never dread exercise again. Tailor your exercise plan to the way you really live and work, so you can get results without being a slave to the gym. Make it easy. The dozens of checklists, goal worksheets and real-life success stories in this book will keep you motivated to make smart decisions, even on the busiest days. So don't settle for a diabetes diagnosis. Shed the pounds, toss the medications and conquer your diabetes, once and for all.

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