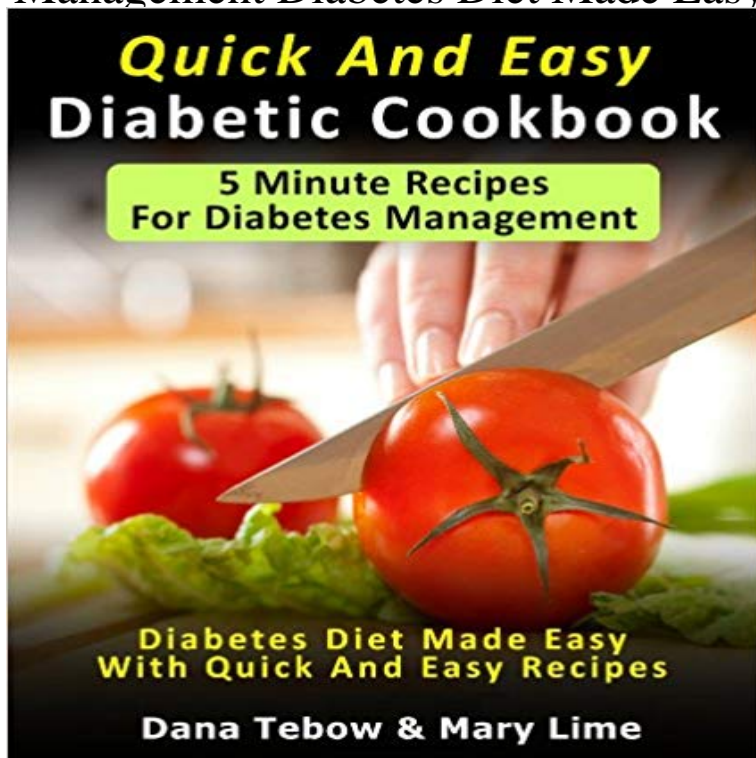


Quick And Easy Diabetic Cookbook: 5 Minute Recipes For Diabetes Management Diabetes Diet Made Easy With Quick And Easy Recipes



Demand has increased for recipes that are suited for persons with this disease. Not only do they want recipes but they want ones that are quick to prepare and tasty as well. Quick And Easy Diabetic Cookbook: 5 Minute Recipes For Diabetes Management is one of the best options out there. It is not only filled with great tasting easy to prepare recipes but does have other information as well apart from the definition and various types of diabetes that exist. The authors go to great lengths to ensure that the reader gets more than their money's worth. This cookbook is a must for any household that has persons with diabetes or any families that have a history of same. The disease cannot be taken lightly and as such it is imperative that things be back in control as soon as possible and modifying the diet is one of the best ways to get this done. Making the changes is not as hard as it may seem and in the long run the food is much healthier and has the same great taste that you are used to. About the Authors: Dana Tebow is no stranger to diets so writing a book that is specific to diabetes is nothing strange for her. She saw the need to write this book as she noticed the number of persons in her family and community that were being diagnosed with various forms of diabetes. This was of great concern to her as she was familiar with losing loved ones due to their health issues. She made the decision to get a cook book out that would help everyone not just diabetics to eat much healthier and reduce the chances of early mortality. The great thing is that she is aware that one of the major problems that people have is the lack of time to prepare a wholesome meal as they are always on the go. She solved that by putting together some recipes that are quick to prepare. The meals are also very tasty. The only thing missing from them is the unnecessary sugars, carbohydrates and fats that can make the problem worse. Dana goes a step further by

providing some quick tips as well on the disease. Through her books Danas aim is to educate and make individuals healthy one person at a time. Mary Lime is all too familiar with the process of careful selection of what she eats as she is gluten intolerant like other members in her household. As such the transition had to be made by all to a diet free from gluten to keep the possibility of cross contamination at zero. She has done her research over the years and had put together a rough manual as a guide for herself and her family on things to do and what foods to purchase etc when her husband suggested that she put it in print for others that share the same fate. After careful consideration she chose to do so as she was more than fully aware of the challenges an individual in her situation might face especially when it came down to shopping for foodstuff every week. Her books isnt overwhelming by any means and provides a wealth of information that any celiac/gluten intolerant individual would find extremely useful. The transition is not as hard as many may feel as the menu options are just as filling and may even be tastier in some instances than what they used to consume beforehand. In the long run Mary has presented a much healthier and safer way to eat.

Abravanel's World of Torah, upon completion, will comprise a multi-volume set of Don Yitzchak Abravanel's commentary to the Five Books of Moses. This series is not a linear translation but rather a methodical, structured interpretation of Abravanel's commentary. It is designed to be read and studied independently or can be used as an excellent guide and helpful companion to the Hebrew original.

Abravanel's World of Torah: Bereshit was originally published by Torah Renaissance Press in 2012. This was followed by a Second Printing (2nd Ed.) in 2013 and a Third Printing in 2014.

Abravanel's World of Torah: Shemot Volume I covers the first six parshiyot in Sefer Shemot. This volume features a systematic translation of Abravanel's classic commentary beginning with Parashat Shemot until the end of Parashat Mishpatim, plus much more.

Abravanel's World of Torah: Shemot Volume II concludes Sefer Shemot. It features an in depth analysis of the Mishkan (Tabernacle), the Thirteen Attributes, and much more.

Vayikra is due out in the Spring of 2017.

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