



Reverse Your Diabetes: The Step-by-Step Plan to Take Control of Type 2 Diabetes

Dr. Dr. David Cavan

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Reverse Your Diabetes provides all the information and support you need to take control of type 2 diabetes and, potentially, to reverse it. Based on the latest research and proven results, this clear and effective programme outlines the key steps you need to take to turn around your health: watch what you eat, get more active, monitor your progress and commit to change. Written by diabetes expert Dr David Cavan and in association, Reverse Your Diabetes also tackles the myths and misinformation about type 2 diabetes. This is an essential book that will empower you to take control of your diabetes and maximise your health for good.

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