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Take control of your diabetes and revitalize your health with this proven program. For more than ten years, preventive cardiologist and champion of glycemic-load science Dr. Rob Thompson has kept his diabetes under control by targeting starch--not sugar--as the number-one cause behind this chronic condition.

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For more than ten years, preventive cardiologist and champion of glycemic-load science Dr. Rob Thompson has kept his diabetes under control by targeting starch--not sugar--as the number-one cause behind this chronic condition. Now Dr. Thompson shares with you his easy-to-follow, low-starch diet-and-exercise program that promises to stabilize blood sugar and balance your glycemic load in just seven days.

The Glycemic Load Diabetes Solution: Six Steps to Optimal ...

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ROB THOMPSON, MD, is a board-certified cardiologist in private practice who has counseled patients with high cholesterol, diabetes, and heart disease for more than twenty-five years. He is the author of The New Low-Carb Way of Life, The Glycemic-Load Diet, and The Glycemic-Load Diet Cookbook.

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Rob Thompson (Author of The Glycemic-Load Diet)

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