



The Type II Diabetes Diet Book: The Insulin Control Diet : Your Fat Can Make You Thin

By Calvin Ezrin, Robert E. Kowalski

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Proved to be remarkably effective for both Type II diabetics and nondiabetic people with chronic weight problems, the Insulin Control Diet--based on low-carbohydrate and low-caloric intake--allows patients to decrease insulin production and convert stored fat into fuel. In this new edition, Dr. Calvin Ezrin provides updated ADA recommendations and a complete section of revised recipes and meal plans.

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Editorial Review

About the Author

Calvin Ezrin, M.D., is a research endocrinologist with over 30 years of experience helping patients lose weight. He is an attending physician at Cedars-Sinai Medical Center and Tarzana Regional Medical Center in Los Angeles.

Robert E. Kowalski has been a health writer and is author of the *New York Times* bestseller *The 8-Week Cholesterol Cure*.

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