



# **Baby Boomers, Bellies & Blood Sugars: How to lose inches, lower blood sugars and get your energy and life back!**

*Jennifer Elliott*

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**Baby Boomers, Bellies & Blood Sugars: How to lose inches, lower blood sugars and get your energy and life back!** Jennifer Elliott

Beat the belly bulge.

A revealing new book called Baby Boomers, Bellies & Blood Sugars is likely to shed fresh light on managing type 2 diabetes and the common condition metabolic syndrome.

Written by dietitian Jennifer Elliott the book is an easy-to-read, step-by-step guide on diabetes and insulin resistance and teaches readers how to recognize the symptoms and treat the cause by adopting a low-carbohydrate diet plan among other valuable recommendations and recipes.

The West Australian Fresh. Thursday, January 2, 2014

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