

Reader's
digest

MAGIC FOODS

for BETTER BLOOD SUGAR



Meal Makeovers and Meal Plans to Fight Disease and Lose Weight

ROBERT A. BARNETT, coauthor of *The Volumetrics Weight-Control Plan*,
CHRISTINE L. PELKMAN, PhD, and DENISIE WEBB, PhD, RD

Robert A. Barnett

**Magic Foods: Simple Changes You Can Make to Supercharge
Your Energy, Lose Weight and Live Longer**



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Designed to help readers get off the bloodstream sugar rollercoaster--without strict consuming regimens or crazy rules to follow--this function features more than 100 easy-to-prepare, tasty tested recipes which will help restore energy, restore short-term memory, and drive back disease



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