

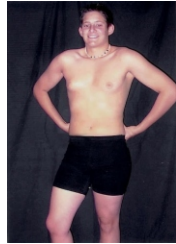
Success Stories

Endorsements by Health Professionals:

Weight Management & Lifestyle Changes

A few months ago, my friend Sandy and her husband began using Low-glycemic Meals In Minutes Cookbook. He has lost 16 pounds and she 15. Their doctor was extremely pleased with their health and lifestyle changes. It is so exciting to have a family becoming healthier and the ripple can reach a long way!

I had always struggled with my weight as a child due to poor nutritional habits and inactivity. Diets never worked until our family decided to implement a low-glycemic eating plan with moderate exercise. By using the Quick Prep method of preparing low-glycemic foods, I have been able to manage my weight into adulthood. Understanding the principals in Low-glycemic Meals is truly priceless.



Families prepare healthy meals

I just wanted to send a quick thank you for your wonderful cookbook! I've been using the book for 3 weeks now and love every recipe we've made. The Quick Prep method made the transition to eating lower glyceemic foods very easy and tasty for my family. We are all feeling very healthy and happy these days.

Manage type II diabetes

My husband is diabetic and we have tried many different diet plans. It wasn't until we discovered your marvelous book that we had success. I am so thrilled that we like every one of your recipes and we are both now losing weight steadily. So far I have lost 32 lbs and my husband has lost 15 lbs. Your use of spices and everyday foods makes cooking easy and yet flavourful. We love the variety!

In my clinical nutrition practice, this book has been a wonderful tool to help clients achieve their health goals, particularly for weight loss and weight management. My clients love the recipes and notice a decrease in carbohydrate cravings. They are making permanent lifestyle changes for themselves and their families.

Sheryl Giudici, Registered Dietitian



Finally, here is a book that shares cutting-edge medical and scientific research that is the answer to the obesity and diabetic epidemics. These simple and wonderful recipes will make applying these new health concepts easy and do-able.

Ray D. Strand, M.D.



Meal In Minutes is a timely response to the fast-paced lifestyles and poor food choices that many children and families are making today. This book provides healthy meal solutions that are quick, nutritious and easy to prepare.

Christine Wood, M.D.

