



Help! My Underwear Is Shrinking : One woman's story of how to eat right, lose weight, and win the battle against diabetes

Jo Ann Hattner, Ann M. Coulston, Mike Goodkind

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Help! My Underwear Is Shrinking : One woman's story of how to eat right, lose weight, and win the battle against diabetes

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A fictional journey to better health teaches weight management to people at risk for diabetes. Written in an easy-to-follow format, the book is a fictional dialogue between a patient and her dietitian based on research and successful patients' stories. Tiffany, the main character, needs to lose weight. Taking her through each step to success, the authors demonstrate a simple way to lose weight and control her blood sugar through carb counting. Includes a simple way to set a daily carbohydrate budget and how to avoid the emotional traps that derail the weight-loss process.

Help! My Underwear is Shrinking:

- Helps readers establish a daily carbohydrate budget and keep a food diary
- Combines carb counting and exercise for a successful weight-loss plan
- Eliminates confusion and frustration

“Uh Oh, my underwear is shrinking!” We’d like to believe that, wouldn’t we? Standing in front of the mirror, ample belly and thighs stretching the fabric of over-worked undergarments... we’d like to believe that it was the underwear doing the shrinking and not our bodies doing the growing. Unfortunately, that’s not usually the case. But why? We try to eat right, we try to exercise. Where are all of these extra pounds coming from? As this book will show you, from some often overlooked and unexpected places. Inside you will find:

- A meal plan based on an easier to understand carbohydrate budget
- Tips for fitting exercise into your everyday routine
- Sample menus for healthy meals
- The motivation to get started and stick with it

And to make things painless, you’ll learn from someone else’s experience—the easiest and best way to understand something new. So what are you waiting for? Make that underwear grow, not shrink. Fit into pants you haven’t worn in years (they’re probably back in style). Stop feeling helpless about your weight. With Help! My Underwear is Shrinking!, you’ve got all the tools you need to drop pounds and win the battle against diabetes.

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From reader reviews:

Marie Velasquez:

Now a day individuals who Living in the era everywhere everything reachable by connect with the internet and the resources inside can be true or not involve people to be aware of each information they get. How many people to be smart in obtaining any information nowadays? Of course the answer is reading a book. Reading through a book can help folks out of this uncertainty Information mainly this Help! My Underwear Is Shrinking : One woman's story of how to eat right, lose weight, and win the battle against diabetes book because this book offers you rich data and knowledge. Of course the information in this book hundred percent guarantees there is no doubt in it everybody knows.

Nancy Rush:

Playing with family inside a park, coming to see the sea world or hanging out with friends is thing that usually you could have done when you have spare time, and then why you don't try issue that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Help! My Underwear Is Shrinking : One woman's story of how to eat right, lose weight, and win the battle against diabetes, you are able to enjoy both. It is very good combination right, you still wish to miss it? What kind of hang-out type is it? Oh come on its mind hangout guys. What? Still don't get it, oh come on its called reading friends.

Harold Riggs:

Many people spending their time frame by playing outside along with friends, fun activity using family or just watching TV the whole day. You can have new activity to invest your whole day by studying a book. Ugh, ya think reading a book can definitely hard because you have to use the book everywhere? It all right you can have the e-book, delivering everywhere you want in your Smartphone. Like Help! My Underwear Is Shrinking : One woman's story of how to eat right, lose weight, and win the battle against diabetes which is keeping the e-book version. So , why not try out this book? Let's observe.

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