



# **HELP! My Underwear is Shrinking : One Woman's Story of How to Eat Right, Lose Weight, and Win the Battle Against Diabetes**

*Ann Coulston, Jo Ann Hattner, Mike Goodkind*

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**A fictional journey to better health teaches weight management to people with diabetes**

Tiffany needs to lose weight to control her diabetes. 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.

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.

*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

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#### **Marie Gambino:**

Book is to be different for each grade. Book for children until eventually adult are different content. As we know that book is very important for people. The book HELP! My Underwear is Shrinking : One Woman's Story of How to Eat Right, Lose Weight, and Win the Battle Against Diabetes was making you to know about other information and of course you can take more information. It is very advantages for you. The publication HELP! My Underwear is Shrinking : One Woman's Story of How to Eat Right, Lose Weight, and Win the Battle Against Diabetes is not only giving you a lot more new information but also to get your friend when you really feel bored. You can spend your spend time to read your e-book. Try to make relationship while using book HELP! My Underwear is Shrinking : One Woman's Story of How to Eat Right, Lose Weight, and Win the Battle Against Diabetes. You never really feel lose out for everything in the event you read some books.

#### **Jeff Jaco:**

People live in this new morning of lifestyle always try and and must have the spare time or they will get lot of stress from both everyday life and work. So , when we ask do people have spare time, we will say absolutely of course. People is human not only a robot. Then we question again, what kind of activity have you got when the spare time coming to a person of course your answer may unlimited right. Then do you try this one, reading books. It can be your alternative with spending your spare time, often the book you have read will be HELP! My Underwear is Shrinking : One Woman's Story of How to Eat Right, Lose Weight, and Win the Battle Against Diabetes.

#### **Betty McClanahan:**

Are you kind of occupied person, only have 10 as well as 15 minute in your time to upgrading your mind talent or thinking skill actually analytical thinking? Then you are experiencing problem with the book than can satisfy your short time to read it because this time you only find guide that need more time to be learn. HELP! My Underwear is Shrinking : One Woman's Story of How to Eat Right, Lose Weight, and Win the Battle Against Diabetes can be your answer since it can be read by you actually who have those short spare time problems.

#### **Tabitha Devore:**

This HELP! My Underwear is Shrinking : One Woman's Story of How to Eat Right, Lose Weight, and Win the Battle Against Diabetes is brand new way for you who has intense curiosity to look for some information as it relief your hunger associated with. Getting deeper you into it getting knowledge more you know or perhaps you who still having little bit of digest in reading this HELP! My Underwear is Shrinking : One Woman's Story of How to Eat Right, Lose Weight, and Win the Battle Against Diabetes can be the light food

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