



# Diabesity: The Obesity-Diabetes Epidemic That Threatens America--And What We Must Do to Stop It

*Francine R. Kaufman M.D.*

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## **Diabesity: The Obesity-Diabetes Epidemic That Threatens America--And What We Must Do to Stop It** Francine R. Kaufman M.D.

Experts now predict that more than one-third of American children born in 2000 will develop diabetes in their lifetime. Written by one of the world's leading authorities on the link between obesity and diabetes, this passionate, frightening—but ultimately hopeful—book points the way to a solution.

To enter Dr. Francine Kaufman's clinic is to see the future of America: a 220-pound twelve-year-old boy...a 267-pound thirteen-year-old girl...their concerned but equally overweight parents...the human faces and human suffering behind the epidemic of type 2 diabetes that threatens to overwhelm our health care system. Once a disease of the elderly, type 2 diabetes now strikes adults in their prime—and, increasingly, children. It has nearly doubled in the last decade. The cause? Our soaring rates of obesity.

Diabesity takes us to the front lines of the fight against this preventable but deadly disease. Through vivid patient stories, it explains how excess weight destroys the body's ability to process sugar properly—with life-threatening consequences. It shows what happens when the genes that evolved to protect us from famine collide with a sedentary lifestyle that has put bacon cheeseburgers on every corner. And it demonstrates why our usual blame-the-victim response is futile in face of the complex, worldwide forces behind this epidemic.

Detailing the tools for change at every level—from families to school systems to government—and reporting on innovative programs that are already making a difference, Diabesity offers a compelling action plan for winning this battle.

*From the Hardcover edition.*



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This Diabesity: The Obesity-Diabetes Epidemic That Threatens America--And What We Must Do to Stop It is brand-new way for you who has curiosity to look for some information as it relief your hunger associated with. Getting deeper you on it getting knowledge more you know or else you who still having small amount of digest in reading this Diabesity: The Obesity-Diabetes Epidemic That Threatens America--And What We Must Do to Stop It can be the light food for you because the information inside this specific book is easy to get by simply anyone. These books build itself in the form that is certainly reachable by anyone, yes I mean in the e-book form. People who think that in reserve form make them feel sleepy even dizzy this e-book is the answer. So there is not any in reading a guide especially this one. You can find what you are looking for. It should be here for you actually. So , don't miss this! Just read this e-book variety for your better life along with knowledge.

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