



# The 28-Day Blood Sugar Miracle: A Revolutionary Diet Plan to Get Your Diabetes Under Control in Less Than 30 Days

By Cher Pastore MS RD CDE

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## The 28-Day Blood Sugar Miracle: A Revolutionary Diet Plan to Get Your Diabetes Under Control in Less Than 30 Days By Cher Pastore MS RD CDE

Get Off Your Diabetes Meds in Under a Month and Stop Pre-Diabetes in Its Path

Cher Pastore will dramatically revamp your health in under a month with her certified diet plan. Geared toward individuals who are diabetic or pre-diabetic, Cher's established method uses smart and proven nutrition to lower insulin levels, produce weight loss, lower blood pressure and get people off diabetes medication for good.

Cher details which foods are best for optimal results and organizes it all in a meal plan, making it straightforward for anyone to follow. The enticing and healthy recipes are exciting and effortless, and will keep you on the path to beat diabetes. Wake up to a nourishing breakfast with the Green Goddess Smoothie or Energizing Açaí Bowl. Lunch is made easy with Zest Tomato and Avocado Tartine or Baked Falafel Burgers. Dinner will delight with a Spicy Chana Masala or Zucchini Spaghetti. You'll experience new flavors each day.

With Cher's expert direction, you'll put diabetes in your past with simple and fast recipes.

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### **Editorial Review**

#### Review

“Cher’s guidelines to better health are well–balanced, realistic, pragmatic and easy to incorporate. This book will not only be of value to those with metabolic disorders, but will genuinely benefit everyone who is health conscious and seeking a more nutritious lifestyle.”

?Michael Bergman, MD, FACP, NYU School of Medicine

“Cher has been helping my patients with diabetes turn their lives around for years. Now her new book, *The 28-Day Blood Sugar Miracle*, will finally allow her knowledge and unbridled enthusiasm for healthy eating to reach the general public. I fully endorse the principles in this book and encourage readers to take the message to heart and begin the journey towards improved glycemic control.”

?Caroline Messer, MD, FACE, ECNU, Lenox Hill and Mount Sinai School of Medicine

“An elegant, no-nonsense approach to eating right and being healthier. Cher’s book really cuts through the fat (and carbs) and speaks to the individual in clear concise language. I hope all of my patients read and follow her book.”

?Benjamin Stein, MD

#### About the Author

Cher Pastore is founder of Cher Nutrition, a New York City–based practice that offers nutritional counseling to clients on topics such as weight loss, diabetes and prenatal nutrition. Cher has a Masters of Science (MS) in Clinical Nutrition and Food Studies from New York University. She is a Registered Dietitian (RD) and a Certified Diabetes Educator® (CDE®).

### **Users Review**

#### **From reader reviews:**

#### **Terry Hayes:**

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