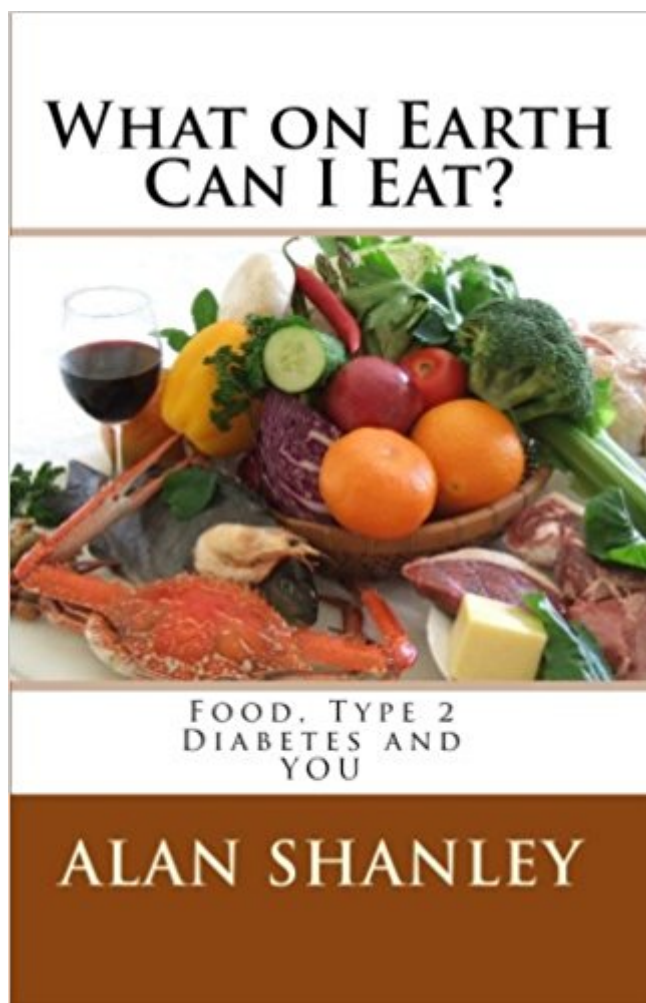


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# What On Earth Can I Eat?: Food, Type 2 Diabetes And YOU



## Synopsis

The author of "What on Earth Can I Eat" is neither a doctor nor a dietician; he is simply a diabetic who was asking exactly that question in 2002 after he was diagnosed. He spent the years since then on a journey of discovery; initially to try to find the answer for his own way of eating and later passing that knowledge on to others on diabetes web forums around the world. Whether you have just been diagnosed or you have been fighting this condition for many years, it is the single most confusing question facing you as a type 2 diabetic. We are bombarded with conflicting answers from all sides; from doctors, dieticians, diabetes educators, magazines, newspapers, TV, the internet, family and friends. They all claim to be right but many will be wrong. This book is intended to help you answer that question - for you. One of the problems with all of those conflicting sources of dietary advice is that they are generalised. The people promoting the conflicting and confusing array of diets, herbal cures, supplements and other magic bullets do not know you as well as you do. Nor do they know your other medical conditions, your food allergies, your exercise limitations or how your body reacts to different foods at different times of day. "What on Earth Can I Eat" is intended to show you how to find an enjoyable way of eating that suits you, and you alone, to help control blood glucose levels, achieve and maintain optimum weight, supply good nutrition and minimise the possibility of future diabetes complications. The book also includes an effective weight loss plan and some recipes.

## Book Information

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## Customer Reviews

Alan Shanley was diagnosed with type 2 diabetes in 2002. He is a retired engineer who lives in a beautiful seaside village in Australia but wanders the world whenever he can. He spends his mornings reading and writing about diabetes and travel and has been active on a number of diabetes forums for several years, including the ADA forum and the dLife forum. He also writes on his blog [Type 2 Diabetes - A Personal Journey](#) and his travel blog [Born Under a Wandering Star](#).

I am a newly diagnosed diabetic (wow hard to say), and came across this book through the ADA forum. I'm otherwise healthy, active, and not overweight, and felt defeated, depressed and wondering what to do. Well, I went to the diabetes classes (WHAT A WASTE) If I ate what they told me I would be looking at severe complications! But, after reading this book and practicing some of the PROVEN ways Alan deals with DB, I feel like I can live a normal life, just making a few changes. This book is not only about what you can eat, it is full of tips and help on how to keep those numbers down. His personal story is also very inspiring, and I would highly recommend the book, AND the forum. These are folks who are dealing with the disease, including the author! You will NOT be disappointed. I never write reviews but had to write this one, as Alan says "there isn't a food I like more than my eyesight" :)

This is a plain speaking book from a Type II diabetic and was exactly what my DH needed when he was newly diagnosed. I also enjoyed reading it and it gave me a better idea of what he was dealing with. I would recommend anyone who loves a diabetic or anyone who has been newly diagnosed read this book. This is a book that talks about real life with this disease. If you are looking for medical information this is not the book for you, if you are looking for how to live the best life you can and gain control, you might want to give this book a try.

I have had diabetes for 22 years. I have stumbled around for about 22 years too. The thing is all of the information we are given has conflicted with other trusted sources. Further more I live with an active member of the "Food Police". I have found over the years that Alan's advice about when to test and how to develop a plan that works for your own personal body type to be excellent. I bought the book before it was published and got it last week. I have already read it and given it away! Today I am ordering another two for myself. If you are a diabetic or friend to a diabetic this is the ONE book that I consider a must have. It is simple and direct. Useful.

After reading this book I learned to not only manage Type 2, but I lowered my A1C. I tossed out all

the diabetic cookbooks and reference books I had acquired. The author is not a medical doctor. His method is straight forward and makes sense. The book is simple and it worked for me better than anything else I tried. Sometimes I need a boost to get back on track and I just reread and do the follow up management to get back on track. Thanks Alan. Well done!

Although this book was written by Alan who is a Type 2 diabetic, it is a book that is helpful to people with Type 1 diabetes too. I have had Type 1 diabetes for almost 8 years and for most of that time I've been confused on what I can eat and how it influences my blood sugar. I enjoy this book because it not only offers Alan's personal experiences with Diabetes, it explains how certain foods can make our blood sugar go higher than usual. There are some recipes toward the back of this book. I tried the recipe for Beef Stew when my family was home for the Christmas holiday. It was easy to make and my family loved it.

A really excellent book giving practical information by someone living with diabetes and who can relate to the many daily problems associated with this. This book was recommended on a UK diabetic forum but as yet unavailable in the UK, I am so pleased I bought this and waited for delivery. It has been an invaluable tool in my journey to achieving lower and stable blood glucose levels. The tips and suggestions really worked for me and using my meter to judge which foods have the least effect on my levels have given me the best annual test results from my GP in 5 years! I have also lost 6kgs in body weight with relative ease. My gratitude to the author for his dedication to sharing his knowledge and helping to put me on the right path to what I can eat. The recipes are great and reignited my interest in cooking once again. I regularly pick this book up and re-read segments or chapters and my confidence is growing in coping with diabetes outside the home.

Alan Shanley's "WHAT ON EARTH CAN I EAT?" is a Life-Saver and a Must Read for all Type 2 Diabetics and their caretakers. I have had Type 2 Diabetes for 3 years...and I have learned more from Alan's easy-to-read 166 page book than from my doctor! It not only offers advice and information on diet, nutrition and weight loss...it offers some wonderful recipes as well. I plan to buy another copy for my pre-diabetic brother. And I might get one for my doctor as well. It would be wonderful if the doctor's office handed out "WHAT ON EARTH CAN I EAT?" with the Type 2 Diagnosis. Thanks, Alan, for setting me on the right track. Suzzie Illinois

This book is a superb guide through the often complex maze that is diabetes. When I was

diagnosed almost three years ago I was given a meter by my doctor and turned out in the bright noonday sun to fend for my diabetic life. The diabetic educator had me eating so many carbohydrates that my blood glucose stayed high and my doctors solution was to add more medication. I found Alan posting invaluable advice about working out your my own eating regime. I didn't want more medication I wanted to know how to eat properly to get control of my diabetes. This book gives you tools to help you have good control over your diabetes. I love it that he maintains his sense of humor in all of this.

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