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# The Plateauproof Diet

**George M. Ekema**

## **The Plateau-proof Diet:**

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**The Plateau-Proof Diet for Diabetes** George Ekema,2005-08 Obesity is the leading cause of diabetes mellitus type II Commonly referred to as adult onset diabetes there is an alarming increase in the incidence of diabetes mellitus among overweight and obese adolescents Diabetes mellitus due to obesity is likely to be a major public health crisis in just a few years It is more difficult for obese and overweight individuals with diabetes to lose weight compared to obese and overweight individuals without diabetes The great news however is that diabetes mellitus can be reversed with a relatively modest weight loss This book addresses weight loss for individuals who have diabetes mellitus The plateau proof diet is modified to compensate for the deficiencies in macro nutrient metabolism and the CP and FP indices are adjusted to facilitate rapid weight loss    **The Plateau-Proof Diet for Hypertension** George M. Ekema,2005-10-01 Hypertension means high blood pressure A person is considered to have hypertension if systolic blood pressure is consistently over 140 mmHg and or diastolic blood pressure is consistently over 90 mmHg A person is considered to have pre hypertension if systolic blood pressure is consistently between 120 mmHg and 139 mmHg and or diastolic blood pressure is consistently between 80 mmHg and 89 mmHg Hypertension that has no identifiable cause is called idiopathic hypertension or essential hypertension Secondary hypertension refers to hypertension that is caused by another condition Some of the causes of secondary hypertension include adrenal gland tumors Cushing's syndrome kidney disease hemolytic uremic syndrome Henoch Schonlein purpura periorchitis nodosa radiation enteritis retroperitoneal fibrosis and Wilm's tumor Idiopathic hypertension accounts for the absolute majority of the cases of hypertension The Plateau proof Diet for Hypertension is designed for weight loss in idiopathic hypertension only and is not recommended for secondary hypertension Patients should consult with their primary health care provider before starting this diet or any other weight loss diet While on this diet patients are advised to restrict their sodium intake from salt MSG baking soda etc to less than 1.5 grams per day equivalent to half a teaspoon of table salt Sodium intake can be significantly reduced by avoiding packaged foods and restaurant foods

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, **Tender Moments: The Plateauproof Diet**. This emotionally charged ebook, available for download in a PDF format ( PDF Size: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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