



# **Not Just for Diabetics Cookbook: Naturally Delicious Recipes for Optimum Wellness (Best of the Best Presents)**

*James Rouse, Debra Rouse*

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Not Just for Diabetics Cookbook contains delicious and nutritious home-style recipes created by Drs. James and Debra Rouse, who are passionately devoted to inspiring people to achieve a healthier, more energized lifestyle. Their naturally delicious recipes are tailored for individuals with diabetes, but are ideally suited for anyone looking to take charge of their health.

This cookbook contains twenty invaluable tips for achieving your Metabolic Best, which will serve as an easy-to-follow guide to take the guesswork out of knowing how and where to begin the journey toward Optimum Wellness.

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