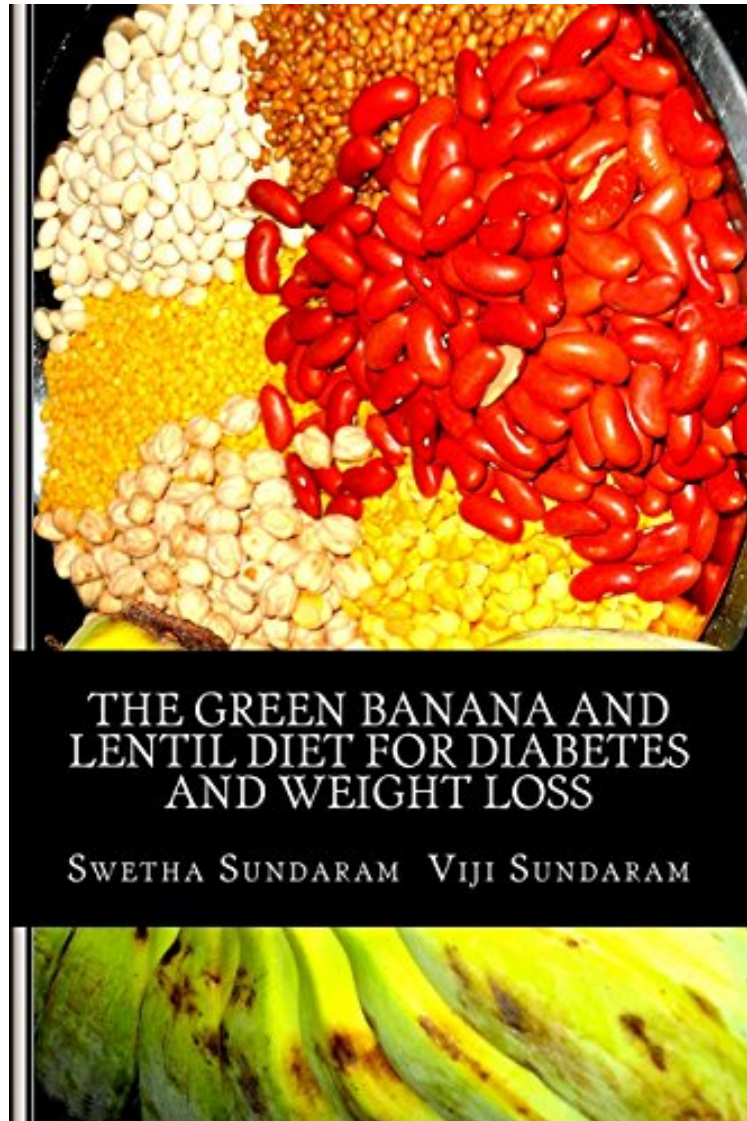


# The Green Banana And Lentil Diet For Diabetes And Weight Loss

Swetha Sundaram

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**Swetha Sundaram : The Green Banana And Lentil Diet For Diabetes And Weight Loss** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Green Banana And Lentil Diet For Diabetes And Weight Loss:

0 of 0 people found the following review helpful. Absolutely awesome book! Tons of information and recipes.By rpvThis book is absolutely awesome. I have been doing research on plant based diets/vegetarian diet for long time. We all know the superb health benefits of adopting a largely plant based food devoid of meats and cheese. We know from

research of Dr. Colin Campbell, Dr. Garth Davis, Dr. Esselstyn, Dr Michael Greger that animal products are extremely harmful and cause heart disease, cancer and diabetics. Swetha and her mom's book nails lot of concepts in a very easy 'digestible' way and makes awesome recipes. There is a great intro and goes into some awesome spices - tamarind, coriander seeds, cumin, pepper. If you want these spices you can go to any health food store now. Whole foods or carries all the spices listed in the book. The section on cooking oil is a must read. I am impressed by the amount of detail on oils like sesame oil. I liked this statement "The reason to follow a healthy diet is not to beat death but to maintain a healthy life style which will allow us to pursue spiritual learning." Chapter on Protein mania and GMOs are spot on. There is lot of wealth in them. Recipes are simply mouth watering. East Indian Style Mashed Green Bananas (Podimas) is our favorite! The recipes may be new to western audience like Vathakuzhambu, but they are so healthy that they are hidden treasures. I am glad Swetha and her mom Viji brought this book out for everyone to savor. I liked the reference section and neat categorization of recipes. The author asked me to review a ebook and I gladly accepted it as I have a fascination for healthy foods, non GMO organic plant based foods. This book is a hidden gem and I hope becomes popular and the recipes get adopted by a large audience. The benefits for health are immense!

This is a book suitable for vegans. Most of the recipes in this book are gluten free. A South Indian Diet plan (CURRY DIET) incorporating more green bananas and lentils in the meal plan for healthy weight loss and to prevent diabetes. The book explains the science behind South Indian Cuisine which aid in achieving the perfect balance between body, mind and the soul. There are so many different kinds of diet out there but, none suitable for a South Indian vegetarian like most of us. How does any vegetarian customize a paleo diet or a high protein diet to meet their needs? Most of the food they normally eat would be classified under the food prohibited by their diet plan. In the name of diet and good health, how long can a person live on raw vegetables and fruits? After years of experiment the authors have come up with the perfect diet that keeps our taste buds satisfied while helping us to shed pounds. The authors personally tried this diet and to their utter amazement the pounds just melted off! The weight came off in a healthy way and there was a significant improvement in the numbers in the blood work! Viji has been battling type II diabetes for years as it runs in her family. She has been trying to avoid diabetes by staying on a strict diet and exercise regimen without taking any medication. By following the above diet, her blood sugar levels came down effortlessly from 8.1 mmol/L to 6.7 mmol/L (145.8 mg/dl to 120.6 mg/dl) in just six months! She ate to her heart content and yet her blood sugar level came down! The book is packed with information. For example, the book explains why enzymes are unable to break down certain types of starches to release sugar into the blood stream. The book also has information on the role played by fats to lower blood sugar levels, the benefits of traditional Indian spices, the types of healthy fats and more importantly, a balanced meal plan suitable for a South Indian Vegetarian diet.

About the Author Swetha and Viji Sundaram live in Calgary, Canada. This book is a tribute by Swetha to her mom Viji, who always keeps herself up to date with the latest research in health and nutrition. Viji is often known as the "walking encyclopediardquo; by her friends and family. All the recipes contained in this book are her own invention. She has created a traditional menu with healthy ingredients, using her own unique recipes. Together, they have traveled to many countries and lived in many different cities. Apart from writing, their hobbies also include sketching, gardening and reading. They have been successful in growing vegetables in Calgary in the short growing season. Together they have spent many hours volunteering for the community.