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BOOKS

LOW-CARB EXPRESS BY VICKIE DE BEER

66 low-carb recipes that can be prepared in 5 to 30 minutes. We would all love to eat less carbohydrates and switch to a low-carb diet, but many of us think we just do not have the time. We believe that low-carb cooking and baking are time consuming, because you have to start from scratch, and it involves specialised ingredients which may be expensive or hard to find. Not so, says Vickie de Beer, who believes the problem lies in the fact that we have become afraid of the kitchen and lost the knowhow of basic cooking techniques. The truth is that you can still cook nutritional and flavourful meals without refined carbohydrates even when you are pressed for time. In Low-carb Express, Vickie shows that with a little planning and better time management, you can cook healthy meals in a cinch that will not only benefit you and your family's overall health but might also benefit your budget. In Low-carb Express, you plan your meals around your available time. Whether you have five minutes to whip up a nutritionally dense egg scramble or immune-boosting smoothie, or half an hour to make a delicious low-carb bobotie or the best-ever low-carb cupcakes, Vickie proves that there is no such thing as too little time to make healthy food choices. With recipes that take between five and thirty minutes to prepare, there really are no more excuses!

[Read More](#)

SKU: N/A

Price: R 220.00





A GUIDE TO TYPE 1 DIABETES - YOU CAN HAVE YOUR CAKE AND EAT IT!

This book is written in an approachable style by a person living with type 1 diabetes. This book is for everyone. The book that every bookcase should have is a clear, comprehensive guide for coping with type 1 diabetes. This book encourages awareness of diabetes care and control. This book serves as a management and care guide, emphasizing sick day protocol and providing advice on relationships and travel. Everyone involved in type 1 diabetes, from people living with diabetes to those who provide care for them, can benefit from this book.

[Read More](#)

SKU: N/A

Price: R 179.99



TIPE 1 DIABETES VIR KINDERS - "EK IS NIE SIEK NIE, MY LYFIE WERK NET ANDERS" AFRIKAANS

'n Pragtige geïllustreerde boek vir kinders wat verduidelik wat Tipe 1 Diabetes is. Geskryf deur 'n geregistreerde Verpleegster en Diabetes verpleegkundige.

Die boek is perfek vir skole, kleuterskole, skoolmaats, onderwysers, familie en is geskik vir enige tyd om oor te gesels en om met almal te deel – perfek vir die koffie tafel ook.

[Read More](#)

SKU: N/A

Price: R 55.00

TYPE 1 DIABETES BOOK FOR KIDS - "I'M NOT SICK, MY BODY JUST WORKS DIFFERENTLY!" ENGLISH

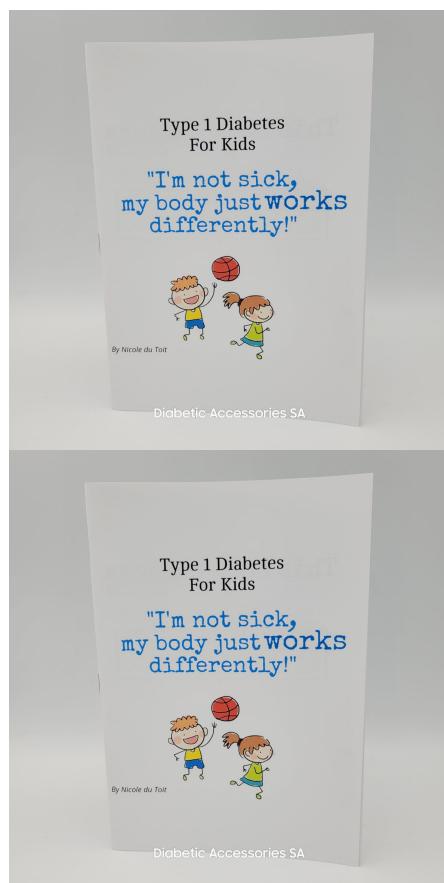
A beautifully illustrated English book for kids that explains what Type 1 Diabetes is. Written by a Registered Nurse and Diabetes Nurse Educator.

This book is a perfect handout for schools, nursery schools, pupils at school, teachers and also perfect to have at home for any occasion especially for everyone to read.

[Read More](#)

SKU: N/A

Price: R 55.00



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