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The easiest diet going is now even easier--and tastier. Off to an explosive start, The G.I. Diet quickly landed on New York Times and Wall Street Journal bestseller lists, and required five quick printings (for a total of 190,000 copies) to keep pace with demand after national publicity discovered the "Canadian miracle diet" (Woman's World). Carbohydrate counting is an effective medical nutrition therapy option for adults with type 2 diabetes. This meal planning tool has increased in popularity as a result of research demonstrating the benefits of intensive therapy in individuals with type 1 diabetes. 1 It can also lead to improved diabetes control and weight loss in ...Dear Andrew: I wrote you last year expressing thanks for what your Clear-G Formula did for my 81-year-old mother. She had three gangrenous toes, a lot of ischaemic foot pain, then acquired an infection in the affected foot while in hospital for a balloon dilatation, which was to improve blood flow, but it did not work. Over 30 percent of Americans say they eat on-the-go several times a week, and just 9 percent make an effort to choose foods which are nutritious (a 2002 survey).