



# Making Eating Right Easy

*Cynthia Bland*

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# Making Eating Right Easy

*Cynthia Bland*

## **Making Eating Right Easy** Cynthia Bland

Cynthia Bland has done a superb job in presenting well-researched information in a refreshing manner made relevant and accessible to all readers. This book's format takes you from identifying the CHALLENGE to guiding you through the NUTS & BOLTS of the HOWS & WHYS . . . but that's not ALL. She saves that spoon full of "GOOD SUGAR" for the DESSERT. There was no "delectable crumb" unsavored. After being diagnosed with diabetes and being borderline hypertension at the age of 62, Cynthia Bland set out to find a way to live a happy, healthy life without the burden that often comes with these conditions. Through countless hours of research, trial and error in the kitchen, and incredible determination, Cynthia now practices everything in this book and lives a healthy, medication free life because of it.

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