



# The Paleo Diabetes Diet Solution

All the information you need to manage your diabetes effectively is here, helping you understand how blood sugar works in the body and how a paleo approach to eating can help you restore healthy blood sugar function. Switching to a paleo lifestyle can halt, if not reverse, the negative health effects of blood sugar disorders and type 2 diabetes. These delicious paleo-inspired recipes will leave you satisfied and in control of your blood sugar.



\$24.95 USA  
\$27.95 CAN

**Robert ROSE**

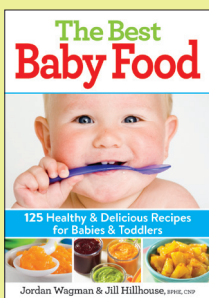


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Visit us at [www.robertrose.ca](http://www.robertrose.ca)

Learn how to navigate eating away from home, how to read and understand food labels and how to stock your pantry with whole foods that will restore your health.

**JILL HILLHOUSE** is a Certified Nutritional Practitioner and a passionate advocate of nutrition education and whole foods eating. Her focus on each person's metabolic individuality is at the heart of her integrative nutrition and lifestyle coaching approach.



Also by Jill Hillhouse

**LISA CANTKIER** is a Certified Holistic Nutritionist who is committed to educating and helping others live well with special diets and food allergies or intolerances.

Jill Hillhouse, CNP  
with Lisa Cantkier, CHN

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# The Paleo

# Diabetes Diet Solution

Manage Your Blood Sugar with 125 Recipes Plus a 30-Day Meal Plan

**Jill Hillhouse, CNP**  
with Lisa Cantkier, CHN

