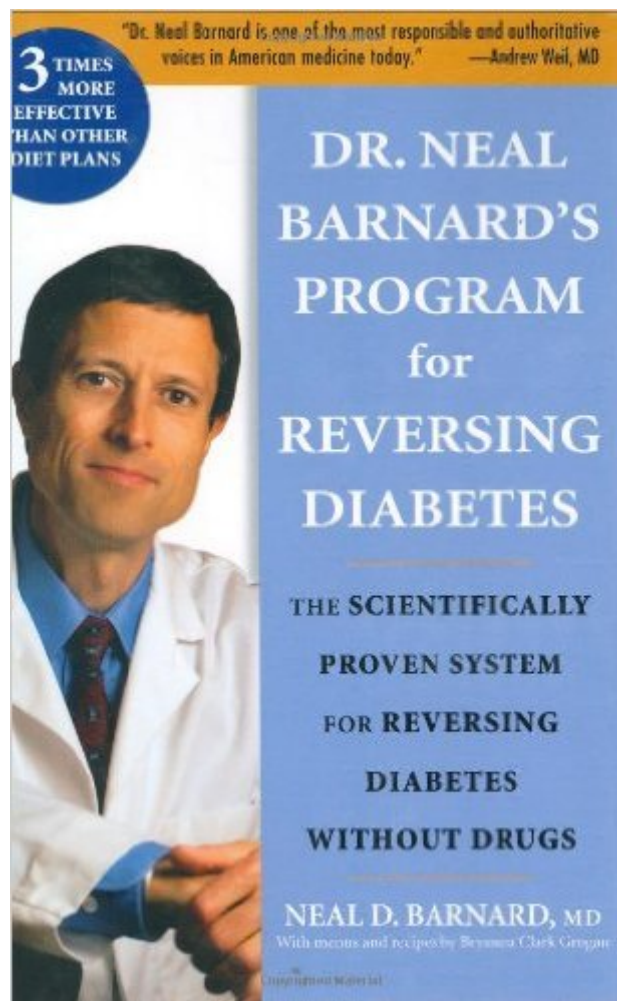


The book was found

Dr. Neal Barnard's Program For Reversing Diabetes: The Scientifically Proven System For Reversing Diabetes Without Drugs



Synopsis

Offering new hope to millions, this new nutritional approach to diabetes will dramatically alter the way we think about treating the disease. Until now, most health professionals have considered diabetes a one-way street. Once you developed it, you were stuck with it—and you could anticipate one complication after another, from worsening eyesight and nerve symptoms to heart and kidney problems. Enter Dr. Neal Barnard, who through a series of groundbreaking studies, the latest funded by the National Institutes for Health, has shown it doesn't have to be that way. By following the diet outlined in this book, readers can control blood sugar three times more effectively than with the American Diabetes Association's diet and, beyond that, improve their bodies' ability to respond to insulin—in effect reversing the defining symptom of the disease. And there's more. Study participants lost weight, were able to cut back on and sometimes even discontinue medications, and left behind tedious exchange plans in favor of delicious foods in generous portions. It's a new way to treat diabetes. It's about time.

Book Information

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Customer Reviews

This book will change your life if you follow it and really want to get and have your diabetes under control and maybe reverse it. We haven't got that far yet. My husband has been following the program for 1 1/2 months. He's had type 2 diabetes for 6 years and been insulin dependant for 5 of the 6 years. He told his Dr and Endocrinologist from day 1 that this was too hard for him to deal with, that he couldn't do it, couldn't count carbs, etc. etc. he worked a rotating shift schedule so he'd always be off balance. This was an excuse, he was in denial. His A1C was never under '12' and the

highest was 13.5 His daily blood sugars were always close to 300 and sometime over 400! The man felt miserable all the time. When he finally hit rock bottom. He saw Dr. Barnard's program on PBS about 2 months ago, bought his book and started following it. After only 2 weeks following the book I'm so happy to tell you his blood sugar was down below 200 on a regular basis. It's been about 6 weeks now, his blood sugars are around 120, he feels so much better, like night and day. Weekly faxes in a glucose log to his doctor who's reduced the amount of insulin he needs twice already and he's made the decision to go Vegan. I thought it could never happen to a man who every Tuesday ate Popeye's Fried Chicken, took left overs to work for a few days. Ate Ice Cream every night, snacked on Potato Chips daily!! Anything he shouldn't eat he did. He was committing suicide by diet slowly over the years. Since reading this book and following the program he's eating better everyday & everyday he eat's better he feels better and doesn't crave or have any interest or miss any of the old food he use to put in his body. If this stubborn hard headed man can make this much of a change I think anyone can, if they want to.

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