



The Reverse Diabetes Diet: Control Your Blood Sugar and Minimise Your Medication - Within Weeks

By Neal D. Barnard

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, The Reverse Diabetes Diet: Control Your Blood Sugar and Minimise Your Medication - Within Weeks, Neal D. Barnard, Now available in paperback! Doctors have always considered type II diabetes to be an irreversible condition. But, as Dr Barnard shows in his groundbreaking book, this is simply not true. In a series of studies, he has proven that it is possible to repair insulin function and reverse type II diabetes, and here he shows you how. Using this scientifically proven, life-changing programme, you will be able to control your blood sugar levels three times more effectively than with other well-respected diets for people with diabetes. With Dr Barnard's programme, you will eat regular meals throughout the day, building each meal on the 'New Four Food Groups': vegetables, fruits, whole grains and pulses. This new way of eating will improve the way your body responds to insulin -- thereby reversing the defining symptom of diabetes. In fact, many people will find they are able to cut back on medication after just a few weeks on this programme. With its emphasis on high-fibre, low GI foods and its foundation on proven scientific fact, this is...



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Reviews

This is actually the very best book i actually have read till now. This is for all those who statte that there was not a worth studying. Its been written in an remarkably straightforward way which is merely following i finished reading this publication by which in fact altered me, modify the way i believe.

-- **Mr. Jeramy Leuschke IV**

This sort of ebook is everything and got me to searching in advance plus more. I could comprehended everything out of this created e pdf. You are going to like just how the author compose this pdf.

-- **Prof. Ethelyn Hoeger**