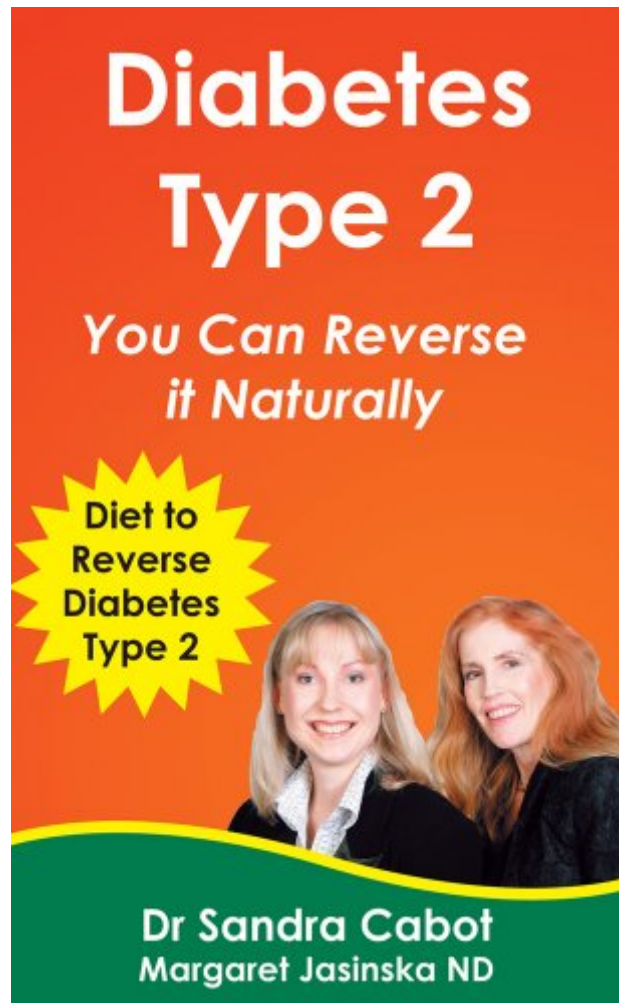


The book was found

Diabetes Type 2 - You Can Reverse It Naturally



Synopsis

Diabetes is the fastest growing chronic disease in the world today. 1.9 million new cases of diabetes were diagnosed in people aged 20 years and older in the USA last year. Diabetes causes chronic poor health and a shortened lifespan. There is no denying that type 2 diabetes is an epidemic; there are currently 246 million diabetics in the world, and 90 percent of them have type 2 diabetes. The good news is that with the right diet, nutritional supplements and lifestyle changes, you can actually reverse it! If you follow the conventional dietary recommendations for diabetes, you will likely gain weight and your blood sugar level will gradually rise. This book will teach you the best way to bring your blood sugar down and lose weight. In this book you will learn:

- * The importance of protein to blood sugar control and weight loss.
- * The nutrients that diabetics are typically deficient in which can lead to poor blood sugar control.
- * How to reduce your risk of diabetic complications such as blindness, heart attacks, nerve damage, kidney disease and erectile dysfunction.
- * The essential tests that all diabetics must have regularly to maintain good health.
- * That a low glycemic index diet is not enough to lose weight and reverse type 2 diabetics.
- * Specific foods, herbs and nutrients that help to reverse type 2 diabetes.

Also included is a two week meal plan and more than forty gluten free recipes suitable for type 2 diabetics. These recipes will help you lose weight and lower your blood sugar level.

Book Information

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Customer Reviews

I bought this book as a gift for my father who suffers with Type II diabetes. Since beginning this diet, his blood sugar levels have dropped and I can visably see that he feels better. Thank you Sandra Cabot for writing an easy to understand book that is not overwhelming!

This book is well written and evidenced based to some extent. Dr Cabot's advice actually works. Personally I have lost 30kgs and seen my HBA1c levels go right down to the normal range. When my daughter developed gestational diabetes, she followed Cabot's diet, she lost 6kgs during the pregnancy, never needed insulin and the baby was a normal weight and had no problems at all. It should be noted that the diet the diabetes educator was recommending had many more carbs....but we stuck with what Dr Cabot recommends. So it isn't dodgy science or crackpot ideas. Its an Australian qualified medical doctor, writing simply so that any reasonably intelligent person can understand and apply what she suggests. There is a section on supplements and herbal remedies, not my thing, but if a reader were interested, its certainly clearly set out.

As usual, Dr. Cabot brings the reader good, actionable information about caring for themselves and bringing their diabetes under control. My only gripe was that the prose seemed a little ponderous at times and didn't flow as well as in her other books.

all people with Type 2 Diabetes should read this book. I have been following it and have lost weight and my sugar

This book has been well researched and explains the subject very well. It has practical help and enables the reader to confidently make the changes necessary in their lifestyle and health. The content of this book complements other published articles from qualified professionals that I have read.

I find Sandra Cabot's work to be consistently excellent, she is not afraid to go against the company line of Diabetes Australia, which recommends carbohydrates like bread and rice and potatoes,

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