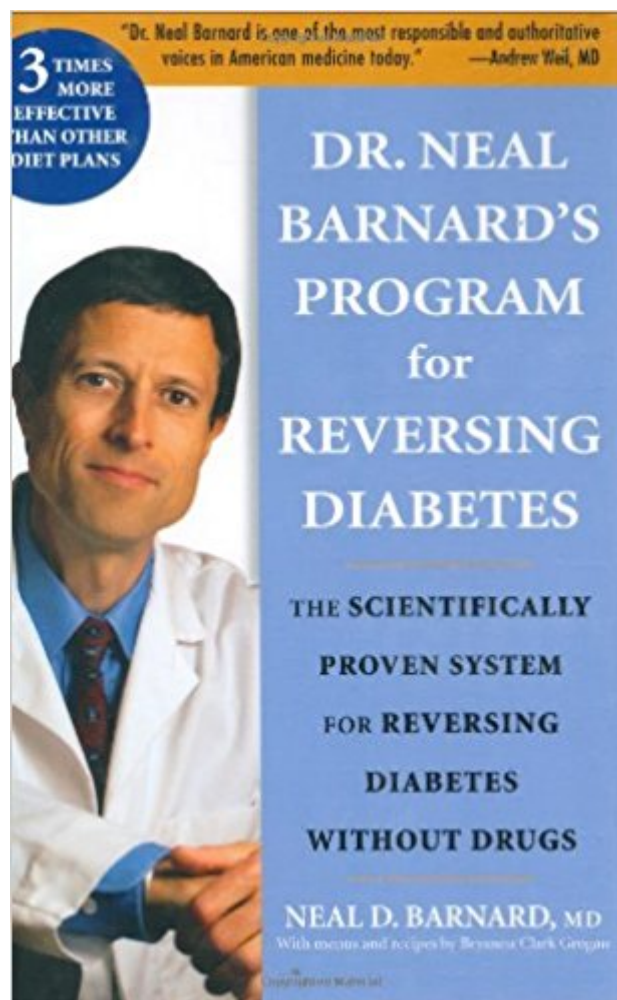




The book was found

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

NEAL D. BARNARD, MD, is a physician, clinical researcher, and adjunct associate professor of medicine at the George Washington University School of Medicine. His books include *Breaking the Food Seduction*, *Foods That Fight Pain*, and *Eat Right, Live Longer*. He lives in Washington, DC.

I spent 2 years trying to follow a plan to reverse my diabetes... I passed this plan up 2 years ago because I thought it would be too hard.. but when my sugar went up 20 points, I got serious...

Instead of injecting insulin, I followed Dr. Barnard's (and Colin Campbells) advise and it only took 3 months for my diabetes to be reversed... and.. it's not as hard as I thought!.. Today I am fully adjusted to this program and see so so so many more benefits too... i.e., my arthritis disappeared.. my skin (Im 66 years old) is glowing again.., my two toes numb for 5 years are back to normal... my cholesterol medication is now stopped because my cholesterol dropped 40+ points and I don't need it.. my eyebrows grew back.. and I feel like dancing all day long... no problem.. Im enjoying my good health and really enjoy eating my carbs again... welcome back oatmeal

Going on this program has helped lower hubby's glucose levels as well as given us the lifestyle where we're both losing weight and feeling better. Too bad he had to get to "borderline diabetes" for us to change our ways. We're now vegans (eating lots of fruits and veggies; staying away from dairy, fats, and animal protein) and getting way more exercise. We're also looking at nutrition labels more, and it is deplorable how much sugar can be consumed via products we used to buy. It is in foods I don't understand there being a need for sweetening at all. We Americans really need to start paying attention and seeking better ways to lead our lives. I feel ashamed for not previously taking the sensible approach written about in this book.

My A1C was a 10.1 according to the blood test results I had before beginning to follow Dr. Barnard's plan. Sixty days later my blood test results showed my A1C to be 5.6 PLUS I've lost 30 pounds while following this plan! My doctor and I are looking at medication reductions with the ultimate goal of no longer needing them. I am a firm believer in this program. I feel lightyears better and have no intentions of straying away from this lifestyle. I am living proof that Dr. Barnard's findings and plan works!

This book goes into the details behind vegan dieting. It lets you know why different foods that we eat can cause issues to our health and other foods can be healthy. This book touches upon diabetes, high blood pressure and cholesterol. It brings up good points.

I had heard about this book for several years, and I failed to get it. I now have diabetes and I want to learn something that will reverse it. I believe the information will be in this book. Delivery was fine; it was received prior to expected delivery date, and in good condition. No concerns.

I've read several books on reversing diabetes, and in my case preventing diabetes. Dr Barnard

offers reasons that diabetes occurs, especially from the prospective of diet and fat consumption. After following his advice for three months, my A1c dropped from 6.2 to 5.7, or prediabetic to normal. His book was easy to understand and inspiring. I hope it can help you too, diabetes is a serious illness. Good luck!

The book arrived in a timely manner and in perfect condition as promised. The information in the book that I have read so far is eye-opening. Why more of this great preventative and curative info isn't more widely published for the misinformed public one can only blame the overbearing, controlling and profit-driven pharmaceutical companies and Big Food. Dr Barnard's compassion for people is evidenced in his written manner and how he gently explains what has caused epidemic diabetes and how to help yourself or your loved ones heal. Yes, I will buy from this seller again.

This is one of the best written books with lots of scientific and clinical references.

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