



The End of Diabetes: The Eat to Live Plan to Prevent and Reverse Diabetes, Includes PDF File, Library Edition

Joel, M.D. Fuhrman

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[Includes bonus PDF with meal plans, recipes, and more!]

[Read by Chris Sorensen]

Despite what you might have heard, diabetes is not a lifelong condition. It does not have to shorten your life span or result in high blood pressure, heart disease, kidney failure, blindness, or other life-threatening ailments. In fact, most type 2 diabetics can get off medication and become 100 percent healthy in just a few simple steps. And using these same steps, most type 1 diabetics can cut their insulin in half and maintain excellent health and quality of life into old age. In *The End of Diabetes*, Dr. Joel Fuhrman shows how you can prevent and reverse diabetes and its related symptoms and lose weight in the process. *The End of Diabetes* is a radical idea wrapped in a simple plan: eat better and end diabetes. While the established medical protocol aims to control diabetes by limiting carbohydrate intake, monitoring glucose levels, and prescribing bottomless doses of medicine, Dr. Fuhrman believes this long-standing approach to fighting type 1, type 2, and gestational diabetes is wrong--and possibly fatal. Designed for anyone ready to enjoy a healthier and longer life, Dr. Fuhrman's plan is based on a single formula: Your Health Future (H) = Nutrients (N) / Calories (C). Foods with a high nutrient density, according to Dr. Fuhrman, turn our bodies into the miraculous, self-healing machines they can be, which results in significant weight loss, improved health, and ultimately, the end of type 2 diabetes and other diseases. -- In engaging, direct, and easy-to-follow language, *The End of Diabetes* supplies the science and clinical evidence to prove that type 2 diabetes, heart disease, and high blood pressure are not inevitable consequences of aging. They are reversible and preventable. In addition, Dr. Fuhrman presents evidence that type 1 diabetes does not have to mean inevitable devastating complications or an early death. Type 1 diabetics can take control of their health with Dr. Fuhrman's plan. This simple and effective plan offers great food, starts working right away, and puts you on a direct path to a longer, better, fuller, disease-free life. Diabetics and their doctors must read this book -- it will save lives and change the face of diabetic care.

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