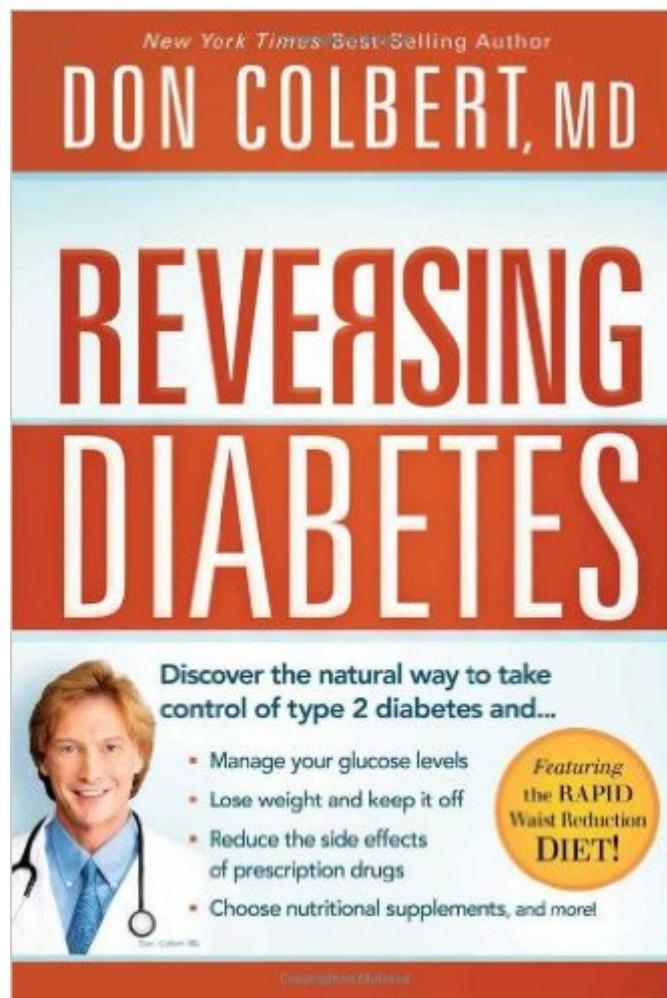


The book was found

Reversing Diabetes: Discover The Natural Way To Take Control Of Type 2 Diabetes



Synopsis

It is possible to manage and even reverse diabetes through natural means, and in Reversing Diabetes, Dr. Colbert shows you how. Most people view diabetes as a dead-end street. Once you receive a diabetes diagnosis, your only option is to manage the symptoms with a restricted diet, close monitoring of blood sugar, and expensive medications. Dr. Colbert shows that diabetes can be treated instead through safe, natural means, like healthy food and vitamins rather than strictly relying on prescription drugs. He shows you how to manage your weight and your glucose intake with a whole-body approach, using nutritional supplements along with dietary and lifestyle changes to lose weight, repair cell damage, improve insulin function, and reduce the side effects from prescription drugs, many of which rob nutrients from the body and cause additional symptoms. Based on the same life-changing principles of the low-glycemic, high-fiber eating plan provided in Dr. Colbert's New York Times best-selling book, Dr. Colbert's "I Can Do This" Diet, this book adapts that plan in a way that makes it ideal for diabetics who need to manage their glucose levels and their weight. Siloam, an imprint of Charisma House Book Group, is the leader in the Christian health and fitness genre, with several best-sellers...including Don Colbert's The Bible Cure series. --Christian Retailing --Physician Don Colbert Preaches The Gospel Of Good Nutrition, Advising His Patients To Follow In The Footsteps Of One Of History's Better-known Role Models. --Orlando Sentinel

Book Information

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Customer Reviews

"Reversing Diabetes" by Don Colbert, MDDr. Colbert has compiled so much information about type 2 diabetes and published it in a very readable book. Many people have type 2 or may develop it as they age. Type 2 can often be controlled by a change in lifestyle including diet and activity level. This book starts with a complete discussion of diabetes and its causes. This is followed by lengthy chapters about food and how it affects the body and diabetes. And finally Dr. Colbert concludes with his Rapid Waist Reduction Diet. Through out the book there are sidebars with tid bits of information that supports the main body of text. He sprinkles in personal stories of people who have conquered their type 2 issues. These are quite encouraging. The Rapid Waist Reduction Diet is quite complicated and very restrictive. This diet would not be easy to cook with foods in most people's pantry, it would take special shopping and cooking. When cooking for a large family (like I have) this would be a bit of a challenge, as the diet is not adequate for growing children or athletes, both of which live in my house. And some of the recipes do not very appetizing to me, but some of the others look pretty good. And part of the weight reduction program includes using hcG- known as the pregnancy hormone. There is relatively little discussion of this component of the diet routine, although it appears to be a major component. Conclusions: I do not have type 2 diabetes, so I was not overly compelled to adopt this approach, but I read the book with the mindset that I did need to address the type 2 issue. The book had a lot of information! It would be a good book to read when starting to navigate the type 2 journey.

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