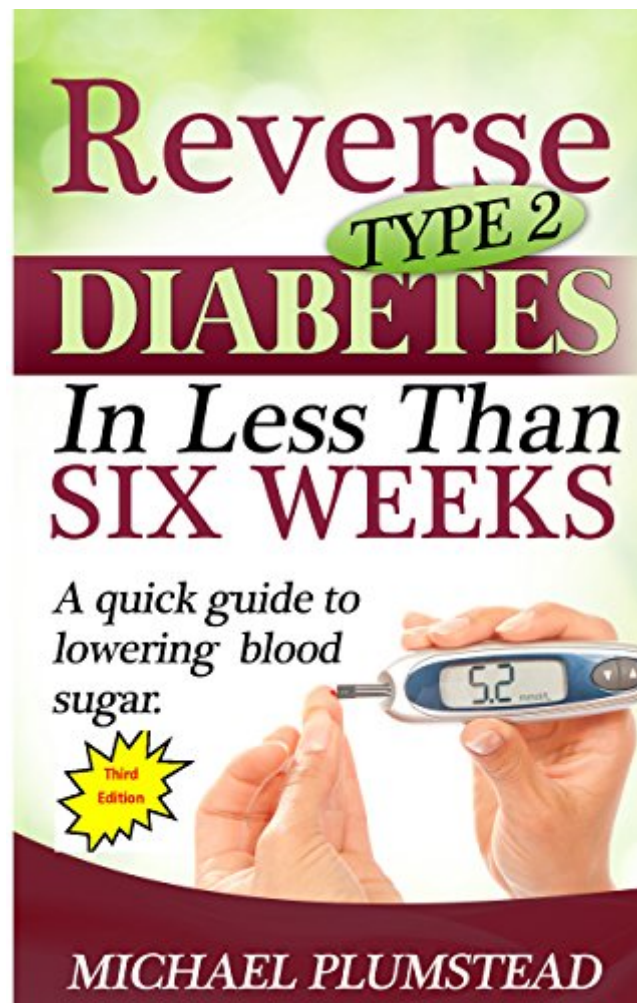


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# Reverse Type 2 Diabetes In Less Than Six Weeks



## Synopsis

This is the third edition and we've added 20 percent more information reflecting additional research and reader feedback. Despite the increase of material, the book remains a short read. If you are overweight, pre-diabetic or type 2 diabetic, there is information to help you lose and control weight loss. The author experimented with a milkshake diet and recorded the results over a six week period. The six weeks include helpful hints for controlling your disease over the long term. In the first week you can get your blood sugar into a normal range and may have no need to go for another five weeks. From one to six weeks, depending on your weight loss and glucose levels, you may reverse the disease and return to a more comfortable diet and exercise program. The book traces the progress of the author for the entire six weeks of the diet including fears, motivation and experiments. Discover smoothie "formulas" with plans to build nutritional information for other recipes. Did you know coffee is an ally for combating type 2 diabetes? You'll find valuable information in this book on coffee plus other herbs, spices, teas and infused water to help your battle. One chapter reports a weight loss exercise plan that lasts only 20 minutes three times a week. You'll learn about a home gym that only costs \$50. Want more information? The author offers a suggested reading list of books, and cookbooks.

## Book Information

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## Customer Reviews

Here's a "book" that never would have made it in the days when bookstores sold most books. Its an article split into chapters a bit longer than what a woman's mag would publish, but shorter than what you would find in the New Yorker. The gist of it is that the author, who had trouble staying on a low carb diet "reversed" his type 2 diabetes with two weeks of Atkins and other low carb shakes. He lost weight and no longer needs medication though he still uses carb blockers and some natural remedies. There are a lot of comments in the book that make you wonder if the author's method would be necessary for someone else. For example, he says that he was not able to lose weight using normal methods when he weighed 230 pounds, in other words he could not stay on the low carb diet, though he did lose weight on Atkins years before. I don't hold that against him, we all have problems, but the reader comes away not knowing if the diet was necessary because of that--or if another method less strict than a 600 calorie a day regimen, would have worked. I have no quarrel with the author's method but this is not a book. It reads like it was written in an afternoon and is both overly personal and short on detail. Download the sample but keep in mind that there's not much more there.

I had already reversed my Type 2 diabetes when I bought this book. I was curious to see how someone else did it. All of counting in this book made me nuts. Counting calories, calculating carbs , changing everything on days you eat poorly, or depending on how much you exercise. Man, I'm telling you, this book makes this much more difficult than it needs to be. I reversed my type 2 diabetes by not eating processed food, drinking a lot of water, yoga, strength and stretching classes, and walking every day. I never counted anything, and the only number I continued to monitor was the number on my blood sugar monitor. I haven't had any diabetes medicine in almost a year and my A1c is 6.2.

This book says it takes about 1/2 hour to read and it does. It provides a wealth of information in concise terms and outlines a program that an older guy like me can follow to lose weight and lower sugar levels. It has been updated a couple of times and the author has a website where he is willing to accept suggestions and questions about his methods. The only drawback I saw is that he outlines some excellent shakes and while he gives decent detail about the ingredients and how to make them, a short bullet-shopping list would have been helpful. Some lower cost alternative ingredients would have been useful too.

During my last visit to a local university based hospital lab and clinic, my non-fasting blood sugar was 95 and my A1C was 5.8. Like the author, I am a fan and devotee of Dr. Richard Bernstein's DIABETIC SOLUTIONS. I am quite happy with my present control of my diabetes. It has not always been that way. I am always looking for helpful advice and this small work provided that. I would suggest that the title is misleading. I have not reversed but rather am in "control" of my diabetes. I rarely experience low blood sugars and can always detect the onslaught. I have rare instances when I mis-judge the carb count of a meal and my glucometer might read 200 post-prandial until I bring it back under control.

I was exposed to agent Orange on numerous occasions during my 21 months in Vietnam back in the 1960s, as were many men. Now we are being diagnosed with type 2 diabetes. It is shock but the best thing you can do is educate yourself, get to know as much as you can, through reading books such as this. Know your enemy, learn to fight back through exercise and diet (10,000 step exercise program etc), this does not have to be a death sentence. This book is a great tool and can change your life.

This is a straightforward account of how the author responded to being diagnosed with T2 Diabetes. The book is a quick read and gives us an overview of how weight loss, diet and exercise can regulate T2 without the use of drugs. His experiences are insightful and motivational. At 275 lbs on a 5' 11" frame this book has motivated me to set up an appointment with my doctor to get tested for pre-diabetes, to start walking and to take a good look at my diet. I agree with the author about the side effects of drugs and agree with Hippocrates who said "the best medicine is food."

This is such a great book not only for the diabetic, but also for the average person who just wants to eat healthy and lose a few pounds. The recipes are not complicated and are very cost effective as well. The book offers a variety of recipes that offer a variety of flavors as opposed to just a bland, tasteless diet. Very well written and easy to follow. I would recommend this book to anyone who wants to try eating more healthy and wants to lose weight. For the diabetic this book offers great recipes that are tasty, yet healthy and will not compromise your blood sugars. I would buy from this author again.

I found a lot of useful information in this book. My doctor diagnosed me with pre-diabetes one year ago and I am constantly looking for ways to keep from taking medication. I have also struggled with

weight loss so I am totally excited about this book.

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