

REVERSE TYPE 2 DIABETES



Reversing Diabetes

Michael Murray, Michael Lyons



Reversing Diabetes:

Preventing and Reversing Diabetes Melissa Diane Smith, 2003 This is an easy to follow diet for losing weight stabilizing blood sugar and insulin and reducing the risk of diabetes

Reversing Diabetes Don Colbert, 2012-03-06 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

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