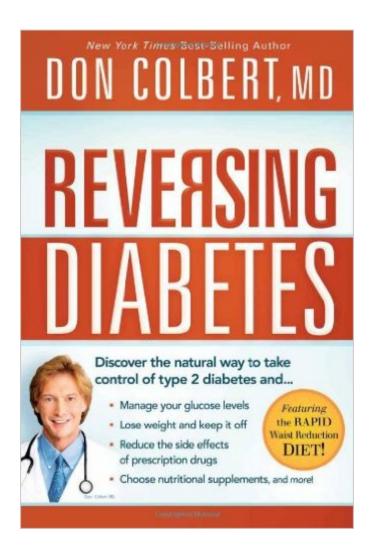
The book was found

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. A Based on the same life-changing principles of the low-glycemic, high-fiber eating plan provided in Dr. Colbertâ ™s New York Times best-selling book, Dr. Colbertâ ™s "l Can Do Thisâ • 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. A A "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.â • --Orlando Sentinel

Book Information

Paperback: 272 pages

Publisher: Siloam; 42176th edition (March 6, 2012)

Language: English

ISBN-10: 1616385987

ISBN-13: 978-1616385989

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars Â See all reviews (70 customer reviews)

Best Sellers Rank: #89,348 in Books (See Top 100 in Books) #11 in Books > Health, Fitness &

Dieting > Diseases & Physical Ailments > Diabetes > Type 2 #99 in Books > Health, Fitness &

Dieting > Diseases & Physical Ailments > Diabetes > General #430 in Books > Medical Books >

Medicine > Internal Medicine > Pathology > Diseases

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 panty, 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.

Download to continue reading...

TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES, diabetic cookbook, type 2 diabetes) Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) Reversing Diabetes: Discover the Natural Way to Take Control of Type 2 Diabetes Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes: Type 2 Diabetes: 30 Natural Methods for Preventing & Reversing Diabetes. Your Guide

to: Lower Blood Sugar. (Reversing Diabetes, Hyperglycemia, High Blood Sugar, Sugar Detox) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan, Diabetes ... Diabetes, Type 2 Diabetes Diet Book Book 1) Diabetes Diet - Ultimate Step-by-Step Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian Reverse Diabetes: The Natural Way - How To Be Diabetes-Free In 21 Days: 7-Step Success System (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) Diabetes: Diabetes Prevention And Symptoms Reversing, Guide To Diabetes Diet, Nutrition Tips, The "Cure" For Diabetes Type 2 (Diabetes Diet Cookbook And ... Dummies, Reverse Diabetes Without Drugs 1) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing Diabetes) Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) Diabetes: Reverse Diabetes With Proven Step By Step Methods And Superior Strategies (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes) Diabetes: Reverse Your Diabetes NOW! How To Take Control of Your Blood Sugar Easy and Fast!: Reverse Diabetes Forever (Type 2 Diabetes Cure Book 1) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes)

Dmca