

[PDF] The End Of Diabetes: The Eat To Live Plan To Prevent And Reverse Diabetes

Joel Fuhrman - pdf download free book



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Description:

From the Back Cover

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 diabetics can get off medication

and become 100 percent healthy in just a few simple steps. 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, End Diabetes. While the established medical protocol aims to control diabetes by limiting your carbohydrate intake, monitoring glucose levels, and prescribing bottomless doses of medicine, Dr. Fuhrman believes this long-standing approach to fighting 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 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 diabetes, heart disease, and high blood pressure are not inevitable consequences of aging. They are reversible and preventable. 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.

About the Author

Joel Fuhrman, M.D., is a board-certified family physician who specializes in preventing and reversing disease through nutritional and natural methods. He is on the board of directors of the American College of Lifestyle Medicine, the research director of the Nutritional Research Project of the National Health Association, and the creator of the Health Starts Here initiative for Whole Foods. He is the author of several books, including the New York Times bestsellers *Eat to Live* and *The End of Diabetes*.

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