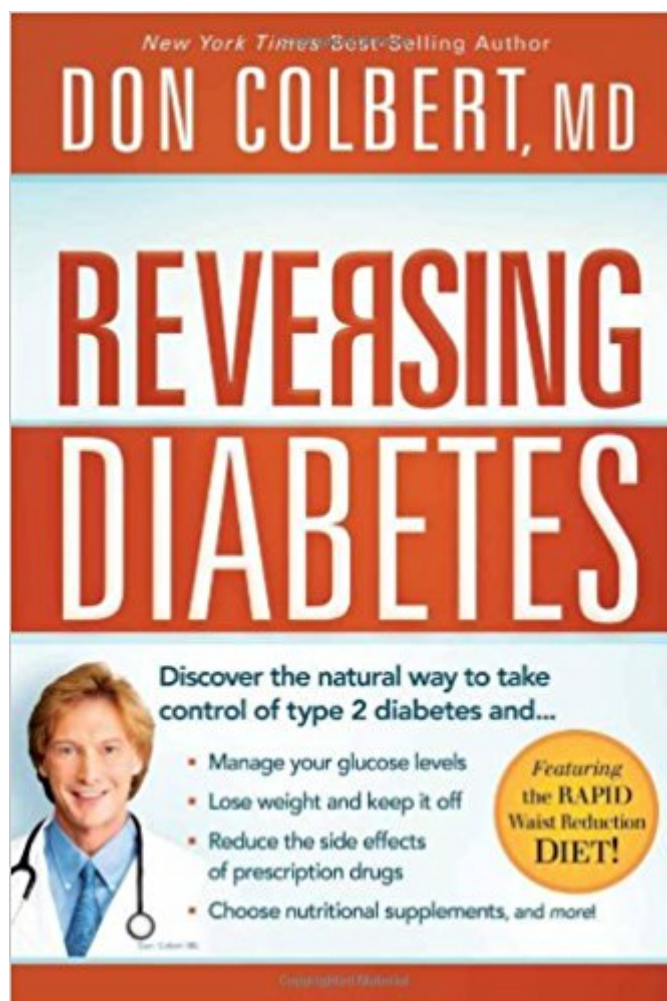


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# Reversing Diabetes: Discover The Natural Way To Take Control Of Type 2 Diabetes



## 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, *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

"The popular medical author offers medical and lifestyle advice to improve our sugar processing and lose weightâ€”especially from around the belly. He shows how all types of diabetics can improve their blood panels and reduce their dependence on medication when they discover the food choices, nutritional supplements, and exercise types that work best to regulate blood sugar. Though the large amount of technical information offered could be overwhelming, the youthful sparkle in Kelly Dolanâ€™s excellent performance keeps listenersâ€™ attention from start to finish. He has appealing phrasing along with a quiet urgency in his voice that ebbs and flows in exactly the right amounts and all the right places. Dolanâ€™s remarkable skills and intelligent engagement make Colbertâ€™s recommendations sound within everyoneâ€™s reach."â€”T.W. Â© AudioFile Portland, Maine --This text refers to an out of print or unavailable edition of this title.

Don Colbert, MD, is board certified in family practice and in anti-aging medicine. He has also received extensive training in nutritional and preventative medicine, and he has helped millions of people to discover the joy of living in divine health. In addition to speaking at conferences, he is the author of the New York Times best sellers Dr. Colbertâ€™s â€œI Can Do Thisâ€• Diet and The Seven Pillars of Health, along with other CBA best sellers such as Eat This and Live!, Get Fit and Live!, Eat This and Live! for Kids, Stress Less, Toxic Relief, the Bible Cure series, Living in Divine Health, Deadly Emotions, and What Would Jesus Eat?

I was more informed about the subject of diabetes than I had been previously. Dr. Colbert is a well respected authority and is qualified to convey his information to the public in such a manner as to make an easy assessment on one's own health concerning diabetes. After reading his information I understand where I stand among the diabetic community. I feel well schooled on the subject of how diabetes can become a part of a person's life - and what to do in order to prevent it from overtaking mine. Since I started reading his book I have lost 15 lbs and have changed my eating habits. I am well within my target waistline of 34 inches and I am doing my exercises. I feel good and as a 69 yo male - am in very good shape physically. I think more people should become as informed as I am and read his book.

An excellent book and a real eye opener for me! Having struggled for years with sugar and carb cravings, this book explained about insulin resistance and gave concrete suggestions for vitamins and supplements.

I am a type 2 diabetic, so have read lots of books like this. I did find some useful information in it I did not know. It is well worth the cost. Diabetes is a serious life threatening disease and you need to know more about it than most doctors ever tell you. This book gives you some of that information.

This book did not include the herbal stuff I expected, but he has a good plan for reversing diabetes. He does suggest you use some supplements that he sells on his web site, but they were too expensive for me. I sometimes get a bit tired of plans for rich people that have no alternative plans for the not so rich.

I found it to be very readable and informative. The information on chronic stress and adrenal fatigue, allergies and inflammation were of particular interest to me.

Excellent info on how to eat properly, instead of all the junk.

I love Doctor Colbert.!! He is very helpful in ALL of his books. You won't be disappointed.

I ordered this for a friend who had diabetes. She said it would help her manage her condition better. Thanks.

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Type 2 Diabetes: The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included) [Type 2 Diabetes, Type 2 Diabetes Cure, Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] 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) BLOOD TYPE DIET : Eat recipes according to blood type (blood diet, blood type diet o, blood type diet b, blood type cookbook, blood type a diet, blood type a cookbook, blood type ab, blood type book) DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Reversing Diabetes: Discover the Natural Way to Take Control of Type 2 Diabetes 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 Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes,

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