

# The End of Diabetes: The Eat to Live Plan to Prevent and Reverse Diabetes (Eat for Life)

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The New York Times bestselling author of Eat to Live and Super Immunity and one of the country's leading experts on preventive medicine offers a scientifically proven, practical program to prevent and reverse diabetes-without drugs.

At last, a breakthrough program to combat the rising diabetes epidemic and help millions of diabetics, as well as those suffering with high blood pressure and heart disease. Joel Fuhrman, M.D. Research director of the Nutritional Research Foundation, shows you how to live a long, healthy, and happy life-disease free. He offers a complete health transformation, starting with a diet with a high nutrient-per-calorie ratio that can be adapted for individual needs.

Dr. Fuhrman makes clear that we don't have to "control" diabetes. Patients can choose to follow better nutritional guidelines that will control it for them, even before they have lost excess weight. The end result is a medical breakthrough-a comprehensive reversal of the disease.

Why manage diabetes when you can simply get rid of it?

The End of Diabetes delivers:

For Type 2

- >> No more highs and lows
- >> A 50 percent reduction in medications in the first week and
- >> the elimination of all meds within three to six months
- >> An end to the need for insulin, usually within the first week
- >> Healthy, lean, and stable body weight
- >> A normal life span, without complications
- >> The reversal of diabetes and diabetes-related complications

For Type 1

- >> No more highs and lows
- >> Less insulin; most typically, dose is cut by half
- >> Healthy, stable body weight
- >> A normal life span, without complications

JOEL FUHRMAN, M.D., is a board-certified family physician and nutritional researcher who specializes in preventing and reversing disease through nutritional and natural methods. Dr. Fuhrman is the research director of the Nutritional Research Foundation. He is the author of several books, including the New York Times bestsellers Eat to Live, Super Immunity, Eat to Live Cookbook, The End of Dieting, and The End of Diabetes.

Other Books

The Advocate, The Advocate is a lesbian, gay, bisexual, transgender (LGBT) monthly newsmagazine. Established in 1967, it is the oldest continuing LGBT publication in the United States.

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