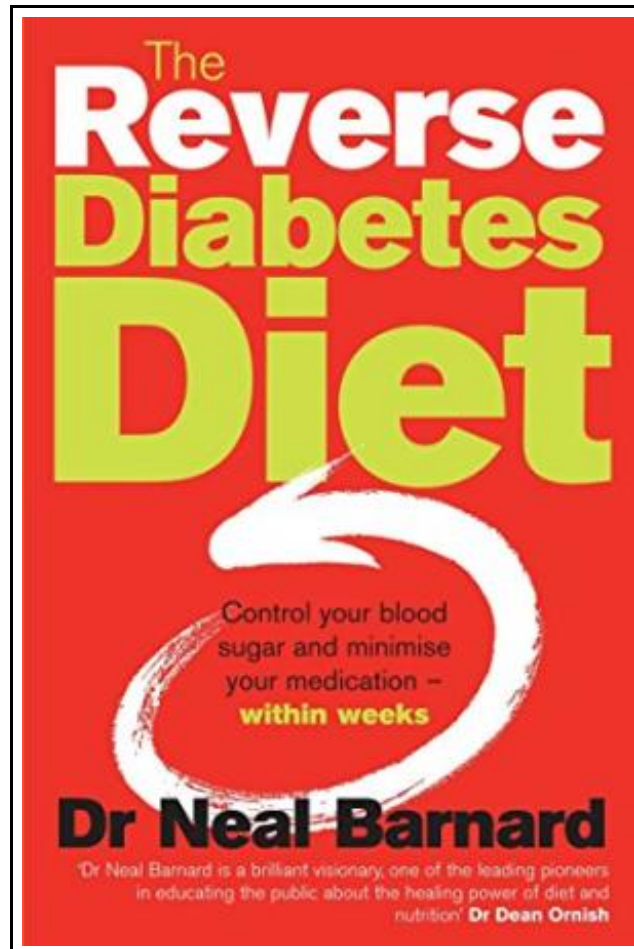


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Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, The Reverse Diabetes Diet: Control Your Blood Sugar and Minimise Your Medication - Within Weeks, Neal D. Barnard, Now available in paperback! Doctors have always considered type II diabetes to be an irreversible condition. But, as Dr Barnard shows in his groundbreaking book, this is simply not true. In a series of studies, he has proven that it is possible to repair insulin function and reverse type II diabetes, and here he shows you how. Using this scientifically proven, life-changing programme, you will be able to control your blood sugar levels three times more effectively than with other well-respected diets for people with diabetes. With Dr Barnard's programme, you will eat regular meals throughout the day, building each meal on the 'New Four Food Groups': vegetables, fruits, whole grains and pulses. This new way of eating will improve the way your body responds to insulin -- thereby reversing the defining symptom of diabetes. In fact, many people will find they are able to cut back on medication after just a few weeks on this programme. With its emphasis on high-fibre, low GI foods and its foundation on proven scientific fact, this is a programme that will work for you.



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