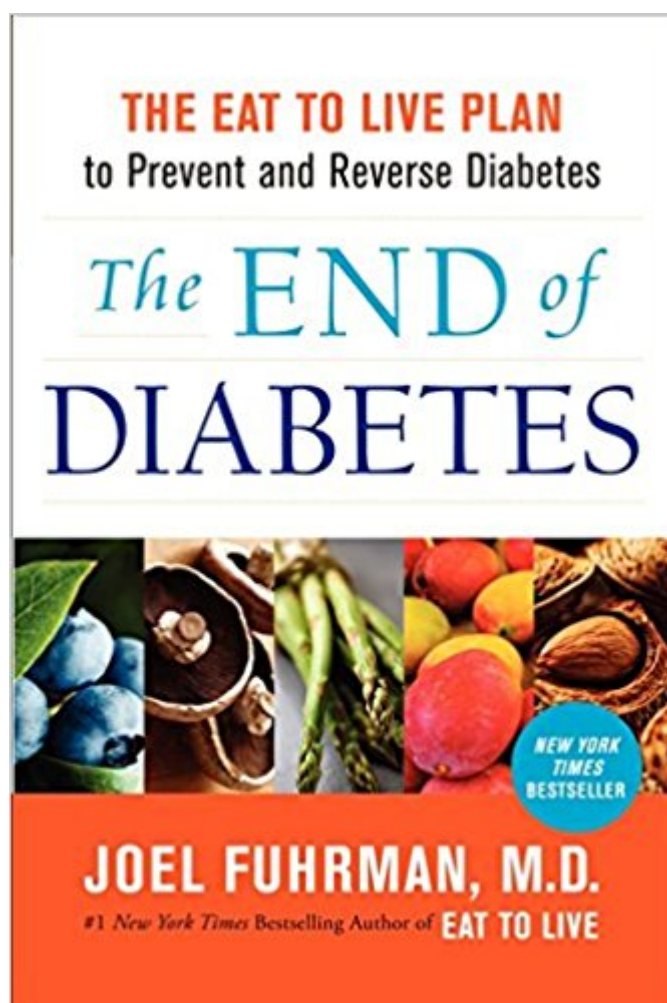


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# The End Of Diabetes: The Eat To Live Plan To Prevent And Reverse Diabetes



## Synopsis

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.

## Book Information

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## Customer Reviews

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*. ROBERT PHILLIPS was a Vice President at Merrill Lynch suffering with sarcoidosis, a serious health condition that effected his breathing. Six months after discovering Dr. Fuhrman's approach, his condition was completely reversed, and he quit his job at Merrill Lynch to help launch Dr. Fuhrman's member support website. Robert continues to write and conducts research at Drexel University in the field of Social Energy. Robert lives in New Jersey with his wife, Marcia and two children, Joseph and Jacob. He has two other grown children, Joey and Jennifer.

I hardly ever write reviews but I feel compelled to share my wife, Robyn's, experience after five weeks on Dr. Fuhrman's diet. At 190 pounds and 5' 8", she was about 50 pounds overweight. She had been on Glipizide for diabetes, Atenolol and Lisinopril for high blood pressure, and Gemfibrozil for high triglycerides. Her last A1C was 9.5; well in the danger zone for diabetics. Most of her fasting blood glucose readings were above 200. After the initial five weeks, she is off all of those medications. Her last blood pressure reading was 117/78. Her fasting glucose hovers around 90-100. She has already lost 15 pounds as well. Tonight, we decided to have a cheat meal. She ate a full filet of salmon with two cobs of corn and a full cup of great northern beans with onions and garlic. This is a meal with nearly 100 carbs that should have sent her blood glucose soaring. Two hours after this meal her blood glucose was 97! We didn't believe that was possible so we measured it a second time and it was 94. Needless to say, tomorrow we will be back on this diet permanently with only an infrequent special occasion to interrupt it. The food is satisfying and the results are phenomenal! If you suffer from type 2 diabetes but are willing to dedicate yourself to this diet, make no mistake, it will reverse your disease and give you a great chance at a long, complication-free life. Thank you, Dr. Fuhrman!

8-17-2016 UPDATE  
New test results from recent blood work:  
Triglycerides six weeks ago - 259. Now 110  
Total cholesterol six weeks ago - 193. Now 173.  
A1C six weeks ago - 8.9. Now 7.3. (Since A1C is a three month average that 7.3 is taking into account the prior two months of pre-diet eating. When adjusted for that, it actually would be an A1C for the last month of around 5.0.)  
Blood pressure: 118 over 72. All without medication and only four weeks on the diet!

When I read the recipes in the back of the book I thought they were so radical that no one, unless they were, 'on death's doorstep', would eat that way. Well, I don't see 'crow' as one of the options but, if it were, I'd be eating it. I was diagnosed with diabetes two years ago and since then, my life has been a rollercoaster between feeling awful and just fair. Although I'd incorporated more exercise into my lifestyle and my blood sugar had gone down, it didn't change my overall feelings of well being. Seemed no matter what combination of foods I ate, I couldn't seem to sustain 'feeling good'. I decided I'd try one or two of the less 'outrageous' recipes and go from there. That was just about a month ago and I'm still trying the recipes. One day about two weeks into eating this way, I had a hamburger and french fries. I'm not kidding, I felt so awful the next day I could barely function. I have a freezer full of meat that I'm boxing up to take to the food bank. I gave a gallon of 1% milk away a few days ago. I'm also taking all noodles, pasta, etc. I'm also eating steel cut oats and taking red rice yeast. My cholesterol was down almost 50% my last blood test. So, like me, you can delude yourself into thinking you could never incorporate a diet like this into your lifestyle OR, you can try it and, like me, be amazed at how great it tastes, how fantastic it makes you feel and, wonder of wonders, you can eat as much as you want.....and STILL lose weight! I'm grateful to Dr. Fuhrman for all the research and work he's done to produce the book and the recipes. I truly think it's a life saver. I understand that his other book, 'Eat to Live', also has some great recipes. I see on his website you can sign up, for a nominal sum, and get additional recipes and recommendations, etc., personally, I think that's, 'milking', it but, that's just my opinion. The more you become accustomed to fixing food this way, the more adventurous you'll become working with the recipes. Good health! As an addendum to this review, it is now May 10 and I began eating as suggested by this book on January 21. When I began this way of eating, my blood sugar was 7.8 and my doctor wanted to start me on insulin...which I was VERY opposed to. I had my quarterly blood test on May 6th and my blood sugar is 6! NORMAL. I can think of no better recommendation for eating as recommended in this book. AND, although I stick to it about 99% I do use olive oil when I want to, I eat grilled shrimp on a caesar salad smothered in grated cheese occasionally. I love salsa and chips and have them once or twice a week so, it doesn't have to be so radical you won't stick with it. Tailor it to your life style and see what works and doesn't work for you. No one will stick to any diet that is so rigid they can't live normally. Good health!

I was diagnosed with type 2 Diabetes and put on Metformin on June 26th, 2013. I started the ADA diet and followed it 100% for a few weeks and could not get my blood sugar to go below 140. Finally

i began to panic and called my doctor, he told me to get used to it. He said I would be on metformin my whole life and eventually insulin. At that point i knew something wasn't right and began to do a lot of research. On July 13th I went to the book store and found this book after looking at 10 or so others. I read the book from end to end that night because everything Dr. Fuhrman was saying made absolute sense. I started the diet that day and the next morning my blood sugar was down to 100, the next day was in the 90's and now i have a fasting blood sugar between Mid 70's and the 80's. My doctor took me off the metformin after just one week of being on this lifestyle change. I have lost over 30 pounds in a month. I now work out twice a day and still have tons of energy. I have lost 6+ inches around my waist and I am off my high blood pressure medication too. I have about 20 more pounds to go till my body finds its ideal weight. The great news is, this is a lifestyle I can live with, it makes sense and it works. God Bless Dr. Fuhrman. I wish the ADA would stop enabling consumers and tell them the truth. You can get off the drugs, you can help yourself, but you have to have a correct lifestyle and diet. No more processed foods.

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