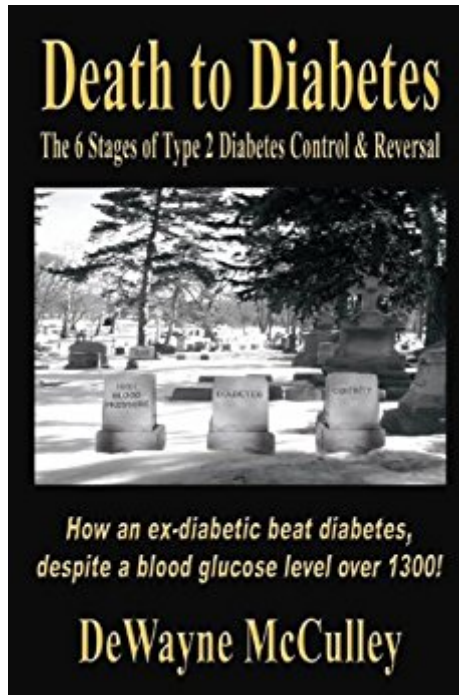


The book was found

Death To Diabetes -- The 6 Stages Of Type 2 Diabetes Control & Reversal



Synopsis

This book explains the major root causes of Type 2 diabetes and how to properly control and reverse the disease naturally without the need for drugs. This is based on an easy-to-follow, systematic 6-stage/10-step process, 200 clinical studies/medical references, and the experience of an ex-diabetic engineer. This book will help you learn how to: lower your blood glucose without drugs, using 5 key nutrients; Avoid the 7 most common mistakes that diabetics make; Save time and money in preparing nutritious meals that lower glucose levels; Enjoy exercise in less time while increasing glucose uptake and energy level; Use your blood glucose test results to reduce your insulin resistance; Enjoy your favorite foods without increasing your glucose level; Select quality nutritional supplements based on 7 key criteria; Use the wellness protocols to prevent, control or reverse problems with the eyes, kidneys, nerves, and heart; and, lower blood pressure, cholesterol, and homocysteine; Control appetite and eliminate food cravings; Burn fat and lose belly fat; Use your inner spirit to reduce your stress and improve your physical and mental health; and, Work with your doctor to safely wean yourself off the drugs. In addition, this book defines the 5 super foods, the 5 "dead" foods, a Super Meal Model and the 8 wellness factors -- all designed to work synergistically to reduce insulin resistance, increase glucose uptake, burn fat, and repair the cells damaged by the diabetes.

Book Information

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Customer Reviews

It is interesting that two of the most helpful books on diabetes that I have found - this one and "Diabetes Solution: The Complete Guide to Achieving Normal Blood Sugars" by Dr. Bernstein - were both written by diabetics and fellow engineers rather than by doctors. However, Dr. Bernstein is an engineer who went to medical school and became a doctor. Often it seems that those non-patients from the medical profession are stubbornly wed to what they have been taught is the truth about this disease regardless of outcome. Sometimes I wonder if it is the result of traditional medical training, based more on memorization than systematic problem solving, that causes this frustrating result. In this book, the author goes over how he went from someone who went into a diabetic coma with a blood glucose of 1337 (80-120 is normal) who had been subsisting on processed food to someone who has slimmed down, learned to eat right, and now has a blood sugar in the 80-110 range. He talks about how the foods diabetics are not discouraged to eat by the medical profession such as potatoes, bananas, cereal, and many dairy products cause the blood sugar to spike and worsen glucose control. Instead, he recommends that you snack on veggies such as brussel sprouts. He even talks about his "power breakfast" - brussel sprouts with olive oil, salmon, and water. He determined what worked for him the same as Dr. Bernstein - by meticulous record keeping of his blood glucose after ingesting various foods. The author also talks about other issues that will be more familiar such as exercise and record keeping. Also, he incorporates a spiritual component into his healing process that includes prayer and inspirational quotes.

This book is primarily written for Type II diabetics. I particularly like how the author provides ways to control diabetes through diet and how to wean yourself off drugs over time. Eating a diet high in complex carbohydrates such as vegetables and some fruits and getting rid of the simple or bad carbs from your diet along with exercise and weight loss will not only help you get your blood sugar under control but help your body to heal and in many cases actually reverse your diabetic condition. The diet he recommends is in some ways similar to the South Beach diet. The author is an engineer, and has used his engineering skills to analyze the causes of his high blood sugar levels, what brought his blood sugar under control, and designed a diet that successfully brought his blood sugar under control. The author sets much higher standards than does the medical profession on what he considers to be healthy blood sugar levels and A1C levels. His goal, which he states that he has

achieved over time, was to lower his A1C to around 4.5, much lower than the A1C levels of 5.9 to 6.5 recognized as "normal" by the medical profession. His reason for doing so is that an A1C reading of 4.5 is what is normal for a typical non-diabetic. He maintains that even slightly elevated blood sugar levels can do damage to your body over time, causing complications like heart disease. Although the lower blood sugar levels the author is recommending sounds daunting if not impossible at first, I do not believe they are impossible. To be sure, it will require a radical lifestyle change in diet and exercise to work. There are no quick or temporary fixes. I'm still in the process of implementing the ideas outlined in this book. But I have seen notable process in getting my blood sugar under control.

This book is changing my life, and I don't have Type II Diabetes! Notice on the cover that it also has tombstones for Obesity and High Blood Pressure. If I could read the other tombstones they would probably have other diseases engraved on them. I am Insulin Resistant and overweight which I learned from this book is a precursor to Diabetes Type II. I have tried everything for years (various food programs and various forms of exercise) and have not been able to lose weight. Until now. This book is written from DeWayne McCulley's personal experience at beating Type II Diabetes and I can tell from this book he has done a great deal of research. I've read many health books, but this is the first health book that I've read that takes me one or more steps beyond the others to explain why I should do something or why something happens the way it does. For example, my personal trainer said I should warm up for 5 minutes, weight train, do cardio for at least 20 minutes (with 5 minutes warming up and 5 minutes cooling down), and then perform a series of stretches. It worked for me for a while, but then I got smart and thought if I do cardio first, I should lose weight faster, but in fact I gained more weight - and DeWayne McCulley explains why this happens and why we need to exercise in a certain order - and the proper super foods we need to consume and when to consume them! I use this book like I use an encyclopedia; I pick it up and start reading in any chapter and I'm not able to put it down until I finish the chapter! I have learned a great deal, have implemented the author's suggestions, and I know I will learn a great deal more as I continue to read this book. This book is not theory, it's real.

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