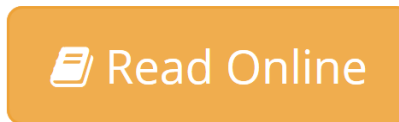


The Diabetes Reset: Avoid It. Control It. Even Reverse It. A Doctor's Scientific Program

By George King M.D., Royce Flippin



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Imagine controlling?avoiding?reversing!?the “health hazard of the 21st century” (World Health Organization), the disease that afflicts nearly 26 million Americans and is an imminent threat to an additional 80 million adults and children. That’s exactly the promise of *The Diabetes Reset* by Dr. George King, research director and chief science officer at Harvard’s Joslin Diabetes Center, the world’s largest and most respected diabetes research center, synonymous with revolutionizing the diagnosis, treatment, and prevention of diabetes.

Based on the most cutting-edge research?including the groundbreaking discovery of brown fat in adults and its role in burning calories and enhancing the effects of the body’s own insulin?*The Diabetes Reset* translates the latest findings into a plan that will let readers avoid, control, and even reverse type 2 diabetes. The program begins with losing weight?and shows why losing only 5% of body weight makes a life-changing difference. It explains how a good’s night sleep can significantly lower blood glucose levels (and why sleep deprivation works in reverse). It disentangles the carbohydrate confusion, reveals how to decrease the body’s inflammatory response, and explains the importance of moderate exercise. There are eight strategies in all?if you implement only one, your type 2 diabetes will improve. Pursue all eight of them, and you can stop type 2 diabetes in its tracks. You can even reverse it?effectively *resetting* your body’s glucose metabolism for a long, healthy life.

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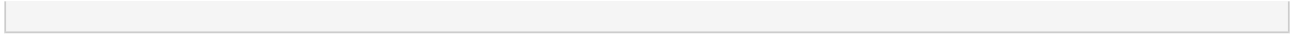
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Editorial Review

Review

"Up-to-date, evidence-based medical information along with encouragement and empowerment, optimism and opportunity." —*Booklist*

"A down-to-earth, holistic approach to obesity and diabetes through eight strategies, including a compelling case for the Rural Asian Diet, from a world-renowned scientist-physician. Dr. King's friendly style makes you feel that you are in his office. I recommend this book for anyone who wants to learn more about managing diabetes or prediabetes." —Edward A. Chow, MD, President of the San Francisco Health Commission, San Francisco Department of Public Health

"A clearly written book, with compelling advice on the prevention and control of type 2 diabetes that is backed by sound medical evidence." —Wilfred Y. Fujimoto, MD, Professor Emeritus of Medicine, University of Washington, and a pioneering researcher on diabetes among Asian Americans, Pacific Islanders and Hawaiian natives

"*The Diabetes Reset* takes a look at diabetes from a new perspective. It offers insight into the challenges facing patients, and a lot of practical suggestions about how to tackle them." —C. Ronald Kahn, MD, Past President, Joslin Diabetes Center; Mary K. Iacocca, Professor of Medicine, Harvard Medical School

From the Back Cover

If you have been diagnosed with type 2 diabetes, you have the potential to reverse your disease. If you are prediabetic, it is within your grasp to stop it from developing.

Based on cutting-edge research from Dr. George King and his colleagues at the Joslin Diabetes Center, this book presents eight evidence-based strategies that—simple though they may sound—will dramatically change your life. The science proves it.

Implement only one, and your type 2 diabetes will improve. Pursue all eight, and you can not only stop type 2 diabetes in its tracks but turn it around—effectively resetting your body's glucose metabolism for a long, healthy life.

About the Author

George King, M.D., is research director and chief scientific officer at the Joslin Diabetes Center. One of the world's most sought-after speakers on diabetes and diabetes-related issues, Dr. King is on the road for roughly half of every year speaking to medical conferences, professional associations, and patient groups, including American Diabetes Association gatherings and National Institutes of Health workshops. He lives in Cambridge, Massachusetts.

Royce Flippin is a health and medical writer whose articles have appeared in *The New Republic*, *Men's Journal*, and numerous other publications.

Users Review

From reader reviews:

Paul Kline:

Book is to be different for each grade. Book for children until eventually adult are different content. To be sure that book is very important for all of us. The book *The Diabetes Reset: Avoid It. Control It. Even Reverse It. A Doctor's Scientific Program* had been making you to know about other expertise and of course you can take more information. It is extremely advantages for you. The reserve *The Diabetes Reset: Avoid It. Control It. Even Reverse It. A Doctor's Scientific Program* is not only giving you much more new information but also to be your friend when you truly feel bored. You can spend your own personal spend time to read your guide. Try to make relationship with all the book *The Diabetes Reset: Avoid It. Control It. Even Reverse It. A Doctor's Scientific Program*. You never truly feel lose out for everything if you read some books.

Frank Miller:

Now a day those who Living in the era everywhere everything reachable by interact with the internet and the resources in it can be true or not involve people to be aware of each data they get. How individuals to be smart in obtaining any information nowadays? Of course the answer is reading a book. Studying a book can help individuals out of this uncertainty Information specially this *The Diabetes Reset: Avoid It. Control It. Even Reverse It. A Doctor's Scientific Program* book because book offers you rich data and knowledge. Of course the info in this book hundred percent guarantees there is no doubt in it as you know.

James Chapman:

Reading a reserve tends to be new life style in this era globalization. With examining you can get a lot of information that will give you benefit in your life. Along with book everyone in this world can share their idea. Ebooks can also inspire a lot of people. A lot of author can inspire all their reader with their story as well as their experience. Not only situation that share in the ebooks. But also they write about the ability about something that you need illustration. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that you can get now. The authors on this planet always try to improve their expertise in writing, they also doing some exploration before they write to their book. One of them is this *The Diabetes Reset: Avoid It. Control It. Even Reverse It. A Doctor's Scientific Program*.

Margaret Velasquez:

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