

Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes without Drugs


By Neal D. Barnard, Bryanna Clark Grogan


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Until Dr. Barnard's scientific breakthrough, most health professionals believed that once you developed diabetes, you were stuck with it--and could anticipate one complication after another, from worsening eyesight and nerve symptoms to heart and kidney problems. But as this groundbreaking work reveals, this simply is not true. In a series of studies--the most recent funded by the National Institutes of Health--Dr. Barnard has shown that it is possible to repair insulin function and reverse type 2 diabetes. By following his scientifically proven, life-changing program, diabetics can control blood sugar three times more effectively than with the standard diet; and cut back on and in some cases eliminate medications while reducing the risk of diabetes complications.

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