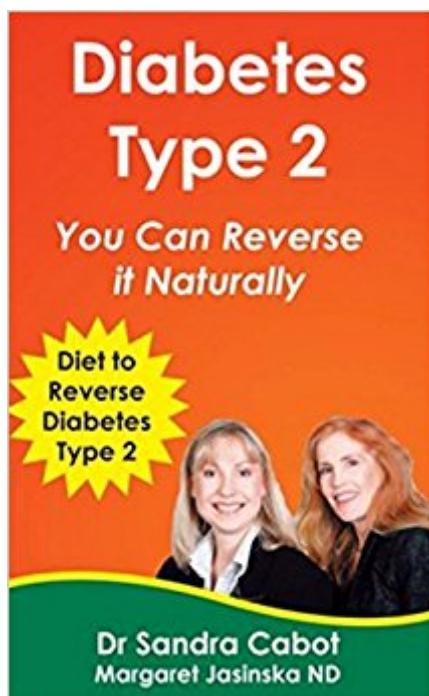


The book was found

Diabetes Type 2 You Can Reverse It Naturally!



Synopsis

Why manage diabetes with diet and medication when you can reverse it? In the majority of cases, Type 2 diabetes can be reversed with the right diet, nutritional supplements, and lifestyle changes. The conventional dietary advice given to diabetics can actually make the disease worse. In this book you will learn the importance of protein to blood sugar control and weight loss. Dr. Cabot explains how the nutrients that diabetics are typically deficient in, can lead to poor blood sugar control. She will show you how to reduce the risk of diabetic complications such as blindness, heart attacks, nerve damage, and erectile dysfunction. She will discuss the essential tests that all diabetics must have regularly to maintain good health. --This text refers to an out of print or unavailable edition of this title.

Book Information

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Customer Reviews

Sandra Cabot is the medical and executive director of the Australian National Health Advisory Service. She graduated with honors in medicine and surgery from the University of Adelaide in South Australia in 1975. As part of her extracurricular medical training, she studied herbal medicine and nutritional medicine. Dr. Cabot began her medical career in 1980 as an obstetrician-gynecologist and practiced in Sydney Australia. During the mid 1980s she spent considerable time working as a volunteer doctor at the Leyman hospital, which was the largest missionary hospital in India. Her first book, titled Women's Health, was an authoritative holistic health guide. Subsequently she wrote several more groundbreaking books including The Liver

Cleansing Diet, which has sold well over two million copies worldwide. She has written twenty-two other health titles. --This text refers to an out of print or unavailable edition of this title.

Extremely good book. This book explains type 2 better than any book I have previously read. She explains in depth what diabetes really does to the body if it remains uncontrolled better than any other book I have read and I have read a bunch. I am following her plan outlined in her book and bought her syndrome protein powder and her livertone product and add them to my green smoothies daily any my blood sugar numbers have gone way down from around 250 down to 135. I believe this book may have saved me from having to go on insulin. highly recommended

This book is well written and evidenced based to some extent. Dr Cabot's advice actually works. Personally I have lost 30kgs and seen my HBA1c levels go right down to the normal range. When my daughter developed gestational diabetes, she followed Cabot's diet, she lost 6kgs during the pregnancy, never needed insulin and the baby was a normal weight and had no problems at all. It should be noted that the diet the diabetes educator was recommending had many more carbs....but we stuck with what Dr Cabot recommends. So it isn't dodgy science or crackpot ideas. Its an Australian qualified medical doctor, writing simply so that any reasonably intelligent person can understand and apply what she suggests. There is a section on supplements and herbal remedies, not my thing, but if a reader were interested, its certainly clearly set out.

I have read several books about this subject and was curious if this book had any other different advice. I like the diet approach to prediabetes.

Great recipies and interesting information. My second read and i realised a few of the recipies have stuck with my cooking all these years.

This book has been well researched and explains the subject very well. It has practical help and enables the reader to confidently make the changes necessary in their lifestyle and health. The content of this book complements other published articles from qualified professionals that I have read.

all people with Type 2 Diabetes should read this book. I have been following it and have lost weight and my sugar

I bought this book as a gift for my father who suffers with Type II diabetes. Since beginning this diet, his blood sugar levels have dropped and I can visibly see that he feels better. Thank you Sandra Cabot for writing an easy to understand book that is not overwhelming!

As usual, Dr. Cabot brings the reader good, actionable information about caring for themselves and bringing their diabetes under control. My only gripe was that the prose seemed a little ponderous at times and didn't flow as well as in her other books.

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