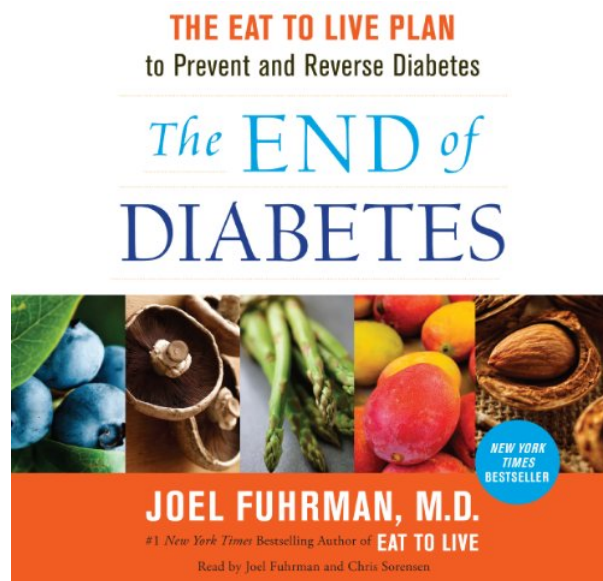


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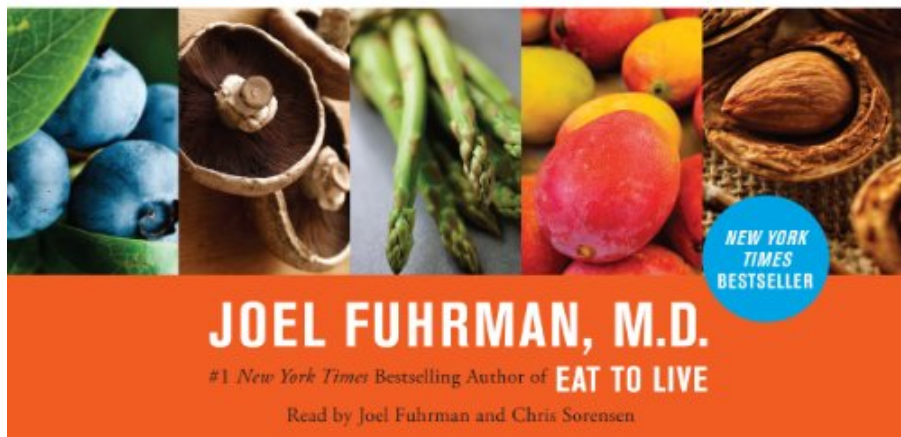


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THE EAT TO LIVE PLAN
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Despite what you might have heard, diabetes is not a lifelong condition.

It does not have to shorten your life span or result in high blood pressure, heart disease, kidney failure, blindness, or other life-threatening ailments. In fact, most diabetics can get off medication and become 100 percent healthy in just a few simple steps. In *The End of Diabetes*, Dr. Joel Fuhrman shows how you can prevent and reverse diabetes and its related symptoms and lose weight in the process.

The End of Diabetes is a radical idea wrapped in a simple plan: Eat Better, End Diabetes. While the established medical protocol aims to control diabetes by limiting your carbohydrate intake, monitoring glucose levels, and prescribing bottomless doses of medicine, Dr. Fuhrman believes this long-standing approach to fighting diabetes is wrong - and possibly fatal.

Designed for anyone ready to enjoy a healthier and longer life, Dr. Fuhrman's plan is based on a single formula: Your Health Future (H) = Nutrients (N) / Calories (C). Foods with a high nutrient density, according to Dr. Fuhrman, turn our bodies into the miraculous, self-healing machines they can be, which results in significant weight loss, improved health, and, ultimately, the end of diabetes and other diseases.

In engaging, direct, and easy-to-follow language, *The End of Diabetes* supplies the science and clinical evidence to prove that diabetes, heart disease, and high blood pressure are not inevitable consequences of aging. They are reversible and preventable. This simple and effective plan offers great food, starts working right away, and puts you on a direct path to a longer, better, fuller, disease-free life.

- Sales Rank: #4686 in Audible
- Published on: 2014-03-25
- Released on: 2014-03-25
- Format: Unabridged
- Original language: English
- Running time: 455 minutes

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821 of 851 people found the following review helpful.

The End of Diabetes: The Eat to Live Plan

By infinite

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!

619 of 643 people found the following review helpful.

Dr. Fuhrman Saved My Life

By Michael Goldsmith

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.

1028 of 1074 people found the following review helpful.

A choice to make

By B. Tupper

I find the negative comments on this book rather enlightening. Essentially, they all said something like: I don't want to eat that way, so the book doesn't suit me. In the first month following the program outlined in this book, I dropped my blood pressure from about 150 to 120 and fasting glucose average from about 240 to 120. So, Hey, I can get along without pizza and donuts in order to add a dozen healthy years to my life. I think that is a reasonable choice. If someone would rather cut his life short by enjoying gluttony, that's a choice he is entitled to make. But he shouldn't blame the author of the book for it.

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