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

Neal D. Barnard MD

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If you have diabetes, you likely have been told that it’s an irreversible condition. For years, the conventional medical wisdom has been that in cases of diabetes, insulin production has become permanently dysfunctional. But as Dr. Neal Barnard shows in his groundbreaking book, this is simply not true.

In a series of studies, Dr. Barnard has found that it is possible to repair insulin function and reverse type 2 diabetes. By following his scientifically proven, life-changing program, you will be able to control your blood sugar three times more effectively than with the standard dietary regimen for people with diabetes.

With Dr. Barnard’s program, you will eat regular meals throughout the day, building each meal around his New Four Food Groups: vegetables, fruits, whole grains, and legumes. This new style of eating will improve how your body responds to insulin?thereby reversing the defining symptom of diabetes.

By closely following Dr. Barnard’s program, you can:

• Cut back on diabetes medications, if not eliminate them completely
• Reduce your risk of diabetes complications
• Realize bonus health benefits as you take off unwanted pounds, lower your cholesterol and blood pressure, and boost your energy
• Enjoy delicious foods in generous portions

Diabetes is no longer a condition that you must just live with. It need not slowly and inevitably get worse. If you have diabetes, now is the time to take control of the disease?and take back your life.

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