



Reversing Diabetes (Reissue)

Julian Whitaker

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In REVERSING DIABETES, Dr. Julian Whitaker offers a comprehensive lifestyle program that has helped more than 10,000 diabetic patients at the Whitaker Wellness Institute. The good news is that many diabetics can control their condition--naturally and effectively--with diet and exercise. Along with helping you reduce or even eliminate dependency, it can help you lose excess weight and lower your cholesterol levels, blood pressure, and risk of heart attack. Readers will find:

- An updated, flexible meal plan--includes new information on which types of carbohydrates, proteins, and fats you should be eating
- More than 100 new kitchen-tested recipes--with full nutritional breakdowns
- The latest findings on the dangers of insulin resistance--and how to correct it
- Up-to-the-minute information on the pros and cons of insulin and oral diabetic drugs
- New shopping lists and details on salt and sugar substitutes
- Nutritional supplement suggestions that may reduce the need for drugs and help prevent eye problems and other diabetic complications

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