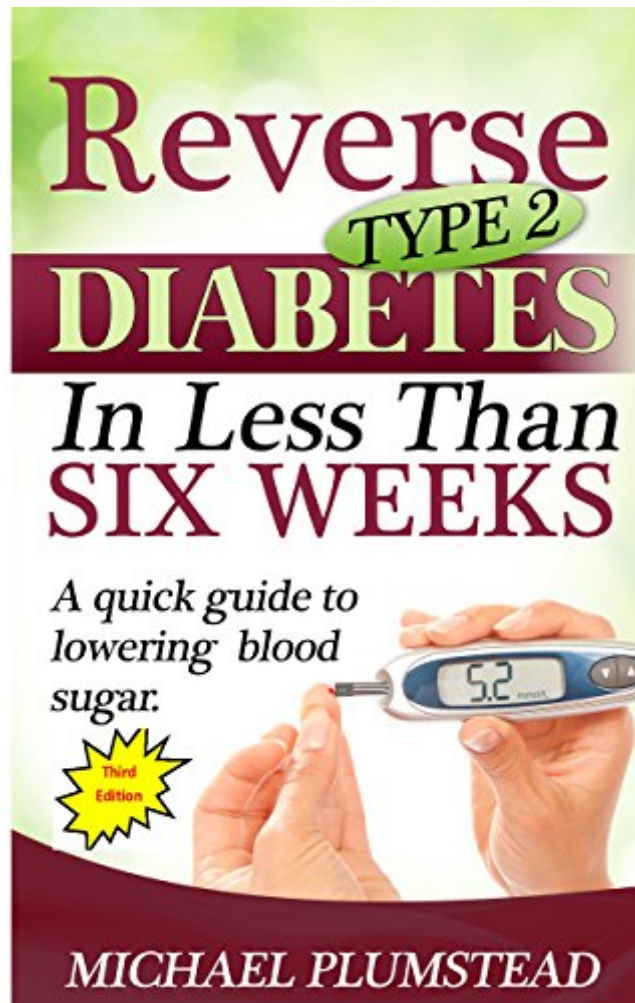


The book was found

Reverse Type 2 Diabetes In Less Than Six Weeks



Synopsis

This is the third edition and we've added 20 percent more information reflecting additional research and reader feedback. Despite the increase of material, the book remains a short read. If you are overweight, pre-diabetic or type 2 diabetic, there is information to help you lose and control weight loss. The author experimented with a milkshake diet and recorded the results over a six week period. The six weeks include helpful hints for controlling your disease over the long term. In the first week you can get your blood sugar into a normal range and may have no need to go for another five weeks. From one to six weeks, depending on your weight loss and glucose levels, you may reverse the disease and return to a more comfortable diet and exercise program. The book traces the progress of the author for the entire six weeks of the diet including fears, motivation and experiments. Discover smoothie "formulas" with plans to build nutritional information for other recipes. Did you know coffee is an ally for combating type 2 diabetes? You'll find valuable information in this book on coffee plus other herbs, spices, teas and infused water to help your battle. One chapter reports a weight loss exercise plan that lasts only 20 minutes three times a week. You'll learn about a home gym that only costs \$50. Want more information? The author offers a suggested reading list of books, and cookbooks.

Book Information

File Size: 814 KB

Print Length: 54 pages

Publication Date: April 11, 2014

Sold by: Â Digital Services LLC

Language: English

ASIN: B00E0XBJ9O

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #27,684 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > Type 2 #9 in Â Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Health, Fitness & Dieting #9 in Â Kindle Store > Kindle eBooks > Medical eBooks > Diseases > Diabetes

Customer Reviews

Here's a "book" that never would have made it in the days when bookstores sold most books. Its an article split into chapters a bit longer than what a woman's mag would publish, but shorter than what you would find in the New Yorker. The gist of it is that the author, who had trouble staying on a low carb diet "reversed" his type 2 diabetes with two weeks of Atkins and other low carb shakes. He lost weight and no longer needs medication though he still uses carb blockers and some natural remedies. There are a lot of comments in the book that make you wonder if the author's method would be necessary for someone else. For example, he says that he was not able to lose weight using normal methods when he weighed 230 pounds, in other words he could not stay on the low carb diet, though he did lose weight on Atkins years before. I don't hold that against him, we all have problems, but the reader comes away not knowing if the diet was necessary because of that--or if another method less strict than a 600 calorie a day regimen, would have worked. I have no quarrel with the author's method but this is not a book. It reads like it was written in an afternoon and is both overly personal and short on detail. Download the sample but keep in mind that there's not much more there.

This is a straightforward account of how the author responded to being diagnosed with T2 Diabetes. The book is a quick read and gives us an overview of how weight loss, diet and exercise can regulate T2 without the use of drugs. His experiences are insightful and motivational. At 275 lbs on a 5' 11" frame this book has motivated me to set up an appointment with my doctor to get tested for pre-diabetes, to start walking and to take a good look at my diet. I agree with the author about the side effects of drugs and agree with Hippocrates who said "the best medicine is food."

(Sam) Bought the Book. Found it to be a very interesting read. I am a long, diagnosed Diabetic; who has fought a yo-yo battle for years with overweight. This first person account of Mike's battle with his weight, and Type 2 Diabetes, was something I could relate to on a real basis. His website, [Plumsugarfree.com], and the book have been an inspiration for my renewed efforts to try use a combination of his tips, and my efforts to control my Type 2 Diabetes and weight. Started wt was between 310/320. B.S. >200. After about 2.5 months: Wt. is 277/279, and B.S. ranges between 110 and 130. Goals are to go lower in both categories.

This book contains a lot of useful information, but the approach to treating/overcoming Type II diabetes is really tough and I doubt most people could hack it, despite the author's success and his

attempts to make it sound easy. I'm not sorry I bought this book, but don't intend to follow the regimen.

I was exposed to agent Orange on numerous occasions during my 21 months in Vietnam back in the 1960s, as were many men. Now we are being diagnosed with type 2 diabetes. It is shock but the best thing you can do is educate yourself, get to know as much as you can, through reading books such as this. Know your enemy, learn to fight back through exercise and diet (10,000 step exercise program etc), this does not have to be a death sentence. This book is a great tool and can change your life.

During my last visit to a local university based hospital lab and clinic, my non-fasting blood sugar was 95 and my A1C was 5.8. Like the author, I am a fan and devotee of Dr. Richard Bernstein's DIABETIC SOLUTIONS. I am quite happy with my present control of my diabetes. It has not always been that way. I am always looking for helpful advice and this small work provided that. I would suggest that the title is misleading. I have not reversed but rather am in "control" of my diabetes. I rarely experience low blood sugars and can always detect the onslaught. I have rare instances when I mis-judge the carb count of a meal and my glucometer might read 200 post-prandal until I bring it back under control.

This book says it takes about 1/2 hour to read and it does. It provides a wealth of information in concise terms and outlines a program that an older guy like me can follow to lose weight and lower sugar levels. It has been updated a couple of times and the author has a website where he is willing to accept suggestions and questions about his methods. The only drawback I saw is that he outlines some excellent shakes and while he gives decent detail about the ingredients and how to make them, a short bullet-shopping list would have been helpful. Some lower cost alternative ingredients would have been useful too.

This is such a great book not only for the diabetic, but also for the average person who just wants to eat healthy and lose a few pounds. The recipes are not complicated and are very cost effective as well. The book offers a variety of recipes that offer a variety of flavors as opposed to just a bland, tasteless diet. Very well written and easy to follow. I would recommend this book to anyone who wants to try eating more healthy and wants to lose weight. For the diabetic this book offers great recipes that are tasty, yet healthy and will not compromise your blood sugars. I would buy from this

author again.

[Download to continue reading...](#)

TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms) Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan,Diabetes ... Diabetes,Type 2 Diabetes Diet Book Book 1) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Diabetes: Reverse Diabetes With Proven Step By Step Methods And Superior Strategies (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes) Diabetes Diet - Ultimate Step-by-Step Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes: Diabetes Prevention And Symptoms Reversing, Guide To Diabetes Diet, Nutrition Tips, The "Cure" For Diabetes Type 2 (Diabetes Diet Cookbook And ... Dummies, Reverse Diabetes Without Drugs 1) Reverse Type 2 Diabetes in Less Than Six Weeks Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free,

Diabetes Cure, Reversing Diabetes) Diabetes: Reverse Your Diabetes NOW! How To Take Control of Your Blood Sugar Easy and Fast!: Reverse Diabetes Forever (Type 2 Diabetes Cure Book 1) Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) Reverse Diabetes: The Natural Way - How To Be Diabetes-Free In 21 Days: 7-Step Success System (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health)

[Dmca](#)