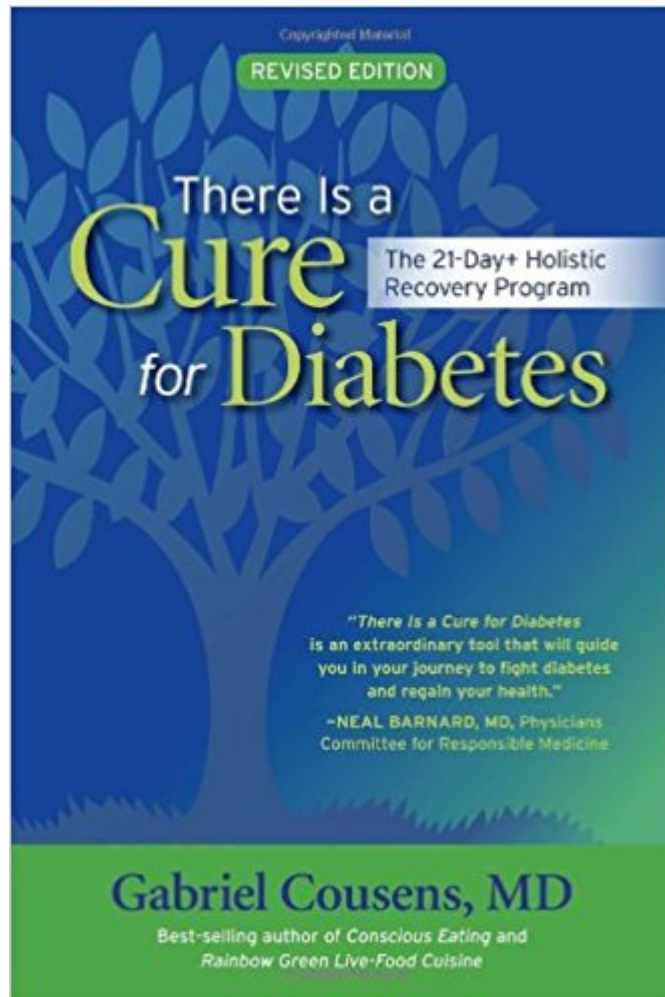


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# There Is A Cure For Diabetes, Revised Edition: The 21-Day+ Holistic Recovery Program



## Synopsis

This new edition of *There Is a Cure for Diabetes* offers an innovative approach to the prevention and healing of what Dr. Gabriel Cousens calls chronic diabetes degenerative syndrome. A leading medical authority in the world of live-food nutrition, Dr. Cousens exposes the dangers of excess glucose and fructose as the key causes of this seemingly unstoppable epidemic that affects more than twenty-five million Americans and 347 million people worldwide. Cousens, whose Diabetes Recovery Program is the most successful antidiabetes program in the world, presents a three-week plan that focuses on a moderate- to low complex carbohydrate, live food, plant-source-only diet that reverses diabetes to a physiology of health and well-being by resetting the genetic expression of a person's DNA. The program renders insulin and related medicines unnecessary within four days as the blood sugar drops to normal levels, and the diabetic shifts into a nondiabetic physiology within two weeks. Substantially revised throughout, this practical and encouraging guide reveals the risks of low cholesterol and low omega 3s in one's diet and includes more than 140 delicious and healthy recipes. The book represents a major breakthrough in understanding the synergy that helps cure diabetes.

## Book Information

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Average Customer Review: 4.3 out of 5 stars See all reviews (103 customer reviews)

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## Customer Reviews

LOOKING FOR A CURE FOR DIABETES? THIS IS IT !!!!! I Can't say enough good things about the program for curing diabetes described in this book. Let me just say I know first hand IT WORKS!!!! I have a roommate who was deathly ill with rampant diabetes, was injecting himself with 10 units of .... after each meal and 35 units of ..... each morning to start off his day. His neuropathy in his feet

made his life miserable ( although he was taking medication for this as well ), his eyesight was going, and his energy level was that of a 101 year old man. He walked like a 120 year old man and could barely make it up and down stairs. In other words he was miserable! We got this book and two of Dr. Cousens raw food cookbooks and started on a raw food regime with some of the supplements recommended by Dr. Cousens in this book. I know you will not believe what I am about to say but it is ABSOLUTELY TRUE! First he was able to leave behind the injections after meals then came down from 35 units in the morning to 20 to then 15 and I am talking about in less than two weeks (really in much less time). Then stayed at 15 for a few days then down to 10 units. Each time we waited for him to stabilize his sugar levels throughout the day and then moved on accordingly. But the levels were never crazy out of control. Then he went down to 5 UNITS ! A DAY and then started taking his pills (malfo....) which he had stopped taking and probably shouldn't have quite yet. But then within days he was able to stop injections altogether with a few days and just relied on his pills (one in the morning and one in the evening) and stayed that way for almost two weeks until he started to see a drop AGAIN in his morning fasting blood sugar in the 80's! and has now stopped ALL MEDICATION ALL TOGETHER!!!!

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