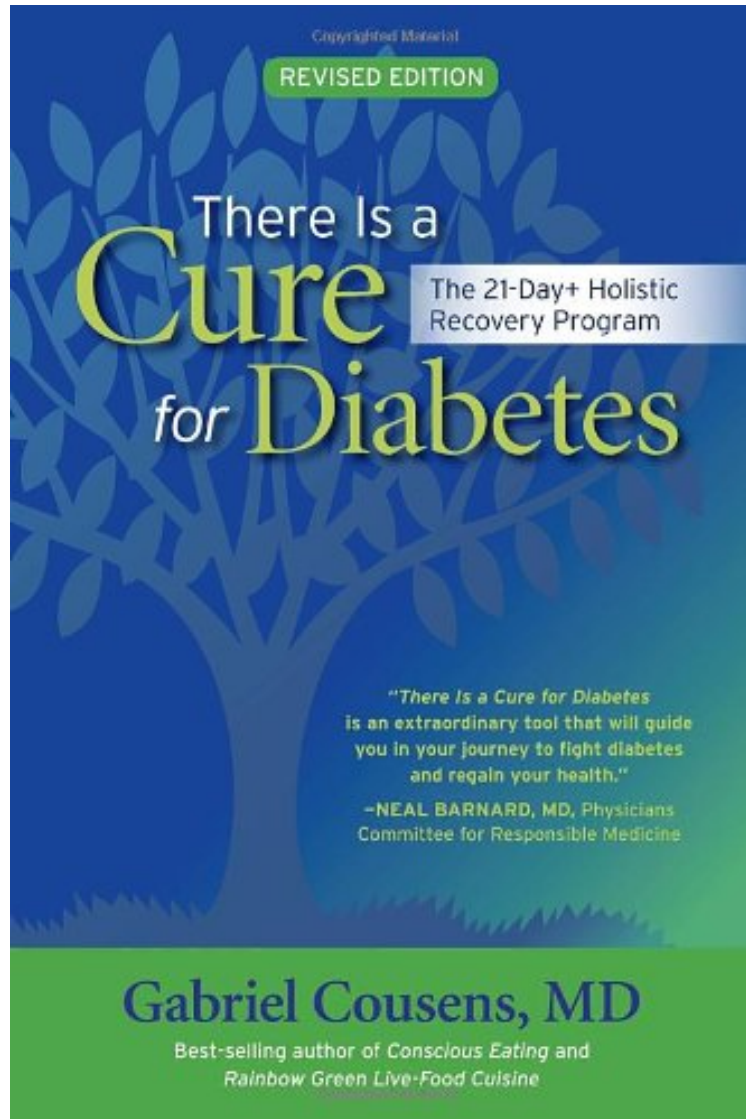


(Download pdf) There Is a Cure for Diabetes, Revised Edition: The 21-Day+ Holistic Recovery Program

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

*Gabriel Cousens M.D.*

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**Gabriel Cousens M.D. : There Is a Cure for Diabetes, Revised Edition: The 21-Day+ Holistic Recovery Program** before purchasing it in order to gage whether or not it would be worth my time, and all praised There Is a Cure for Diabetes, Revised Edition: The 21-Day+ Holistic Recovery Program:

81 of 82 people found the following review helpful. Good Advice in This BookBy GingerThe basic premise is to eat RAW and low carb to cure Diabetes. The first half of the book gives the science of diabetes and various ways of

eating, and justification for eating raw foods. The completely raw, vegetarian, low-carb diet that is advocated for the first few weeks is very difficult to follow though. It involves a lot of blending, food-processing and dehydrating. The follow-up diet allows some cooked foods, but is still predominately raw. I've been eating about 60% raw since January 1st, and have noticed a nice drop in blood sugar levels, so I believe this diet works if one can "hack" it. I'm already a vegetarian, so the change to a raw, vegetable-based diet is not as hard for me as it might be for some. But I do like some cooked veggies, and some gluten-free baked breads. The book does cover some recommended supplements that Diabetics should take, but these are in the text and not offered as a quick-reference list as I'd like them to be. And the recipes are not for busy kitchen novices. A lot of prep is involved in most of them, as well as a lot of equipment. I recommend "Raw and Simple" by Judita Wignall. This book offers 100 easy recipes (with photos!) that I can make with only a blender and a nut (or coffee) grinder. 0 of 0 people found the following review helpful. I do not recommend this book at all. By Miguel F Sarria This author jumps to conclusions using the studies that fits his purpose. It reminds me of Ancel Keys in the 70s. I do not recommend this book at all. For example, he says "by association in Finland consumption of cow's milk increased Type-I diabetes by 500-66%". Using the same association we could say "Finnish nationality increased Type-I diabetes by 500-66%", or "by association in Finland the use of Finnish sauna increased Type-I diabetes by 500-66%". Correlation is not causation. That's a big error. People tend to think that because two things happen at the same time, one may be causing the other. That could not be further from the truth. You can find more information in this book "Spurious Correlations Hardcover" ndash; May 12, 2015 by Tyler Vigen in .com 12 of 12 people found the following review helpful. Excellent Book By Randy Muller I've been on the diet for only 2 weeks and my insulin use is 1/3 of what it used to be. My blood sugars are down in the low 100 range. Has some great raw food recipes.

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, 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.

The second edition of *There Is a Cure for Diabetes* is groundbreaking. Dr. Gabriel Cousens gets impressive results that speak for themselves. He is reducing and even eliminating the need for medication, rated by The Journal of the American Medical Association as the fourth leading cause of death in people with diabetes. This well-documented book is all the more important and a better alternative. ndash; Terry Shintani, MD, JD, MPH, author of *The Good Carbohydrate Revolution* Now in a newly revised and expanded edition hellip; [Dr. Gabriel Cousens] provides the non-specialist general reader with a comprehensive program for containing diabetes, both in terms of treating the symptoms as well as their underlying causes. ndash; Midwest Book Praise for the first edition There is abundant evidence that people with even long-standing diabetes can improve their health dramatically and practically reverse their condition. Gabriel Cousens, MD, shows you how to tackle this disease through lifestyle intervention, explaining how a low-fat, vegan diet could save your life. ndash; *There Is a Cure for Diabetes* is an extraordinary tool that will guide you in your journey to fight diabetes and regain your health. ndash; Neal Barnard, MD, Physicians Committee for Responsible Medicine With this book, Gabriel Cousens, MD, takes his place among the world's leading physician-healers. A synthesis of his thirty-five years of clinical experience, *There Is a Cure for Diabetes* presents a practical, comprehensive, and highly effective holistic approach for treating and curing one of our most common diseases. ndash; It is the greatest contribution to the treatment of diabetes I've encountered in the forty years since I began my medical training. ndash; Dr. Rob Ivker, DO, ABHM, co-founder and past president of the American Board of Holistic Medicine and author of *Sinus Survival* ndash; Gabriel Cousens, MD, has clearly established himself as the world's leading medical authority on diabetes. His Tree of Life program is proven to completely reverse Type-2 diabetes and markedly improve the condition of those suffering from Type-1 diabetes. ndash; David Wolfe, author of *Eating for Beauty* and *The Sunfood Diet Success System* and founder of Sunfood Nutrition and The Fruit Tree Planting Foundation ndash; As a doctor who has treated diabetes for nearly thirty years, I can tell you with certainty that the standard medical protocols and management of this illness are not only inappropriate, they're absurd. In sharp contrast, Gabriel Cousens, MD, has developed a protocol for successfully restoring the health and well-being of diabetics, sparing them the pain and

agony of unnecessary and inevitable amputations, obesity, blindness, and premature death. If followed, his advice in *There Is a Cure for Diabetes* provides diabetics freedom from their illness and enriches the quality of their lives." —Daniel Nuchovich, MD, director of Jupiter Gardens Medical Center and Jupiter Institute of the Healing Arts

"The beauty of Gabriel's work is that he's not just putting forward an interesting theory—the people he's cured of diabetes are living proof that it works. The truths in [*There is a Cure for Diabetes*] go behind diabetes—they're a sensible lifestyle choice for all human beings." —*The Mother* magazine

"There is a Cure for Diabetes: The Tree of Life 21-Day+ Program by Gabriel Cousens, M.D., prescribes fasting and a low glycemic, low insulin scoring diet." —*Publishers Weekly*

"Massively packed with information and references to studies and other scientific papers that can make your head spin. [Cousens'] years of tireless scientific research for the living foods community is a precious gift for those of us seeking a much healthier lifestyle. All in all, *There Is A Cure For Diabetes* is an excellent book for a raw foodist library." —*Raw Food Right Now!*

"Gabriel Cousens's book, *There is a Cure for Diabetes: The Tree of Life 21-Day+ Program*, is a comprehensive guide—not to living with diabetes but for learning how to live without it. It is, as the author explains, about embracing a culture of life rather than a culture of death. In reading this book, do not expect an approach of moderate changes to your lifestyle—adding this, or subtracting that—this is about total physical and spiritual transformation." —*Spiritualitea.com*

About the Author: Gabriel Cousens, MD, a leading medical authority with 40 years of success in healing diabetes naturally, is the founder and director of the Tree of Life Foundation and Tree of Life Rejuvenation Center in Patagonia, Arizona. A best-selling author and the creator of Dr. Cousens's Diabetes Recovery Program, he uses the modalities of diet, nutrition, naturopathy, Ayurveda, and homeopathy blended with spiritual awareness in the healing of body, mind, and spirit. The author lives in Patagonia, AZ.