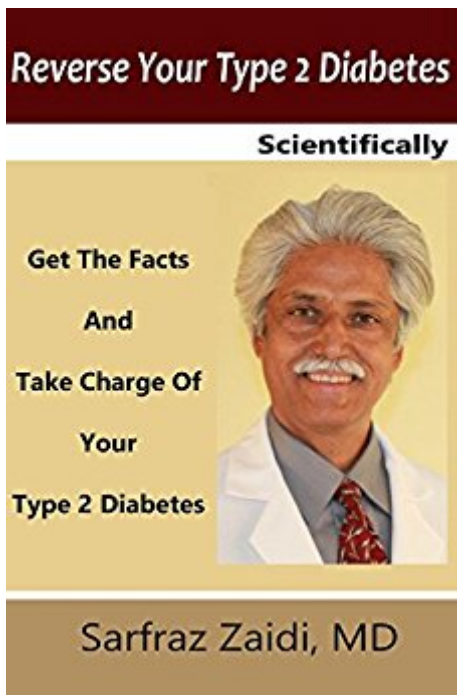




The book was found

# Reverse Your Type 2 Diabetes Scientifically: Get The Facts And Take Charge Of Your Type 2 Diabetes



## Synopsis

There is a common misconception among patients as well as physicians that treating Type 2 diabetes means controlling your blood sugar by any means. This approach is dangerously flawed. The fact is that Type 2 diabetes is a complex disease process. If not managed properly, it often leads to a number of horrendous complications. Sometimes, medications can cause more harm than good. In "Reverse Your Type 2 Diabetes Scientifically," Dr. Sarfraz Zaidi, MD explains what is the root cause of Type 2 diabetes. Then he showcases his unique 5-step approach to manage this disease at its roots. Over the last fifteen years, he has employed this groundbreaking approach to help thousands of Type 2 diabetic patients. He has included actual case studies from his clinical practice to illustrate how his 5-step approach can reverse Type 2 diabetes as well as its complications. Dr. Zaidi's unique 5-step approach consists of:

1. A simple, yet profound approach to Stress Management, based on his personal awakening.
2. A revolutionary, scientific approach to diet. You may be surprised to learn how Calorie-based dietary recommendations are actually not very scientific. His diet is based on actual food items you buy in your grocery store or farmers market. He has included 75 of his own recipes. He also gives you a practical guide to eat at home or eat-out at various ethnic restaurants.
3. A new, scientific approach to exercise. You may be surprised to learn how too much exercise can actually be quite harmful.
4. An in-depth, scientific description of vitamins, minerals and herbs that are valuable in managing Type 2 diabetes.
5. Prescription medications, when necessary. A comprehensive description about: How various medications work, what are the advantages, disadvantages and side-effects of each drug.

## Book Information

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## Customer Reviews

Very informative. I am a Type II Diabetic, and became very frustrated with the roller coaster numbers game as goes my blood sugar. After reading a considerable amount of information, I wasn't satisfied. I remembered that decades earlier, a gentleman that I worked with announced that he and his wife had 'cured' his diabetes through his diet. So, I set out to find a book that looks at diabetes from a 'Scientific' perspective. I was thrilled to receive Dr. Zaidi's book. It contains a series of case studies from Dr. Zaidi's medical practice, and goes into great detail about the root cause of Type II Diabetes, and his treatment practices and successes from that perspective (which I've never read addressed before). I now understand why my fasting blood sugar is higher in the morning (even though I didn't consume any sugar the evening before). I have a better understanding of which diabetes medications do what, and their side effects; the importance of supplements, and fiber, and I now have a new perspective on foods, and which ones do what, and are best for me. I now know the best amount of time to test my after-meal blood sugar level, and I feel more in control because I have meaningful information and explanations. Since I've begun to incorporate some of Dr. Zaidi's tips (his 'Five Steps'), into my daily lifestyle, I've lowered, and hope to continue lowering my blood sugar level (with the eventual reversal of the dis-ease as my ultimate goal); and I can't wait for my next visit to my own physician, so we can talk about Dr. Zaidi's approach, along with my physician's recommendations, and importantly, for the first time since my diagnosis, I feel like a partner in my own health care regimen. I will be purchasing a copy of this book for my children (just so they'll know).

This book provides sufficient detail to understand how diabetes affects so many bodily systems as well as positive actions to reduce high blood sugar through a change in diet, exercise and stress reduction. It was also interesting in learning how different cultures around the world had developed means of addressing high blood sugar through herbs and plants. The many examples of different types of foods available that do not result in increasing blood sugar levels is very much appreciated and gives one hope. I wish this book had been available ten years ago. I would strongly recommend

it to anyone diagnosed to have diabetes.

This book was very helpful, great recipes and it did help me lose weight the right way, and when I had my blood test done my counts were where they were suppose to be, Thank you Dr,Zaidi.

Folks, read all you can about diabetes. Sleep Apnea and Diabetes go hand in hand. Get it down asap through leafy veggies and fish. Understand the metabolism of diabetes and how fat is stored. But important is glaucoma which is pushed along by diabetes and sleep apnea. Don't go blind.

very interested and prompted a lot of research on my part to also come to the conclusion the ADA is a sell out and can hardly be said to have the care and treatment of diabetics in their minds.

interesting...just some areas a bit boring...I am following the exercise part a bit and have noticed a decrease in blood sugar when I do exercise.

It has some useful information.

I have only read parts of this book so far, but it has already given me great advice regarding my diabetes and neuropathy. I know it will be a lot of help to me.

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