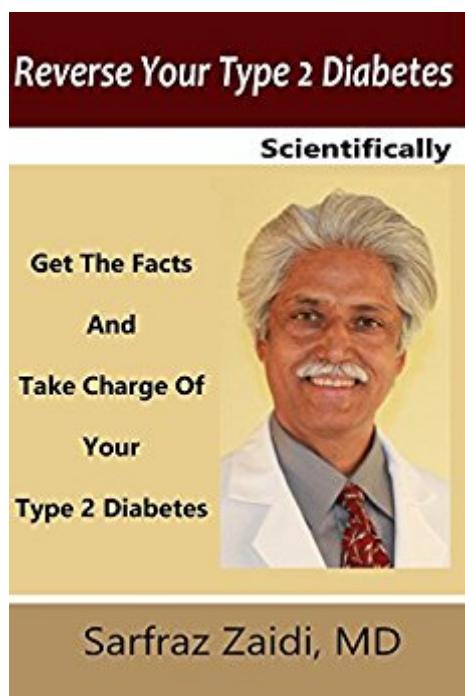


The book was found

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

File Size: 1450 KB

Print Length: 387 pages

Publisher: Sarfraz Zaidi, MD; 1 edition (August 30, 2014)

Publication Date: August 30, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00MUBWDN4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #177,026 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #28

inÃ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > Type 2

#100 inÃ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical

Ailments > Diabetes #179 inÃ Kindle Store > Kindle eBooks > Medical eBooks > Diseases

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.

[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) Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] Reverse Your Type 2 Diabetes Scientifically: Get the Facts And Take Charge of Your Type 2 Diabetes Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) 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 Your Diabetes NOW! How To Take Control of Your Blood Sugar Easy and Fast!: Reverse Diabetes Forever (Type 2 Diabetes Cure Book 1) BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet

o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) 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 Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) 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: Reverse type 2 diabetes, lower your blood sugar, and live a healthier life in 12 simple steps (Diabetes, Type 2 Diabetes, Blood Sugar, Sugar, Insulin, Fat, Diet, Unhealthy Diet, Book 5) Cure diabetes : Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, and Say Goodbye to Drugs and Testing Forever (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) Diabetes: Reverse Diabetes Naturally & Safely: The Simple & Effective Changes You Can Make In Order To Reduce Blood Sugar Levels & Cure Diabetes ... End Diabetes, Type 1 Diabetes, Insulin) Diabetes: 2017 The Secrets About Diabetes that You Never Knew (Diabetes Diet,Reverse Type 2, Diabetes Insulin Resistance, Diabetes Cure, Lower Blood Sugar to Normal) 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) 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) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Type 2 Diabetes: Take Control Of Your Blood Sugar Level Naturally With 39 High Fiber, Healthy Carb Diabetes Recipes-Maintain Healthy Blood Sugar And Reverse ... Cookbook, Diabetes Diet Plan Book 6)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)