



DON'T MEDICATE— REVERSE AND PREVENT DIABETES

THE END OF DIABETES: The Eat to Live Plan to Prevent and Reverse Diabetes
by #1 *New York Times* best selling author Joel Fuhrman, M.D.

Over 25 million people in the United States (about 11% of adults) have type-2 diabetes.

- Having diabetes more than doubles your risk of heart attack and stroke
- Diabetes is the leading cause of blindness, and the leading cause of kidney failure in the U.S.
- 60–70% of people with diabetes have nervous system damage
- Over 60,000 amputations are performed every year due to diabetes complications
- According to the CDC, the prevalence of type 2 diabetes has more than tripled in the past 30 years; if current trends continue, it is predicted that one-fifth to one-third of all Americans will have diabetes by the year 2050

**But there is good news!
Diabetes can be reversed and its tragic complications can be avoided.**

Dr. Fuhrman's new book, **The End of Diabetes**, is a radical idea wrapped in a simple plan: Eat Better, End Diabetes. While the established medical protocol aims to control diabetes by limiting your carbohydrate intake, monitoring glucose levels, and prescribing bottomless doses of medicine, Dr. Fuhrman believes this long-standing approach to fighting type 1, type 2 and gestational diabetes is wrong—and possibly fatal.

The End of Diabetes provides a scientifically proven, practical program to prevent and reverse diabetes, high blood pressure, and heart disease—without drugs. **The End of Diabetes** offers a complete health transformation, starting with a diet that has a high nutrient-per-calorie ratio and that can be adapted for individual needs.

For Type 2 diabetics, **The End of Diabetes** delivers:

- No more highs and lows
- A 50 percent reduction in medications in the first week and the elimination of all meds within three to six months
- An end to the need for insulin, usually within the first week
- Healthy, lean, and stable body weight
- A normal life span, without complications
- The reversal of diabetes and diabetes-related complications

For Type 1 diabetics:

- No more highs and lows
- Less insulin; most typically, dose is cut by half
- Healthy, stable body weight
- A normal life span, without complications

Now is the time to end diabetes! Every diabetic—type 1 or type 2, as well as their doctors and families, must read this book. It will save lives and change the face of diabetic care everywhere.

Dr. Fuhrman[™]
How to live, for life

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