

## [END OF DIABETES FUHRMAN](#)



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The End of Diabetes is a radical idea wrapped in a simple plan: Eat Better, End Diabetes. The established medical protocol aims to control diabetes by limiting carbohydrate intake, monitoring glucose levels, and prescribing bottomless doses of medicine. However, Dr. Fuhrman has seen that this long-standing approach to fighting type 1, type 2 and gestational diabetes is wrong and possibly fatal.

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The End of Diabetes (2013) is a book that advises a plant-based diet to recover from type 2 diabetes or have a better prognosis with type 1 diabetes Avoid red meats, eggs, and oils/fats, minimize fish and white meat poultry to 6 ounces a week Eat lots of salads and vegetables; also legumes, some

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Remember, my book, The End of Diabetes, gives specific advice to those with diabetes and their physicians, so they can reverse their disease effectively and safely. It is imperative he reads that. It is imperative he reads that.

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### **The End of Diabetes The Eat to Live Plan to Prevent and**

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### **The End of Diabetes by Joel Fuhrman M D Book Review**

The End of Diabetes Book Review The Eat to Live Plan to Prevent and Reverse Diabetes Joel Fuhrman, M.D. is a family doctor and nutritional researcher who specializes in preventing and reversing disease through nutritional and natural methods.

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