THE END OF DIABETES DIET



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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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In this New York Times bestseller, The End of Diabetes, Dr. Fuhrman, offers a scientifically proven, practical program to reverse type 2 diabetes without drugs as well as how to prevent it. Having type 1 or type 2 diabetes does not have to doom you to a shorter life span or its complications like high blood pressure, heart disease, kidney failure or blindness.

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