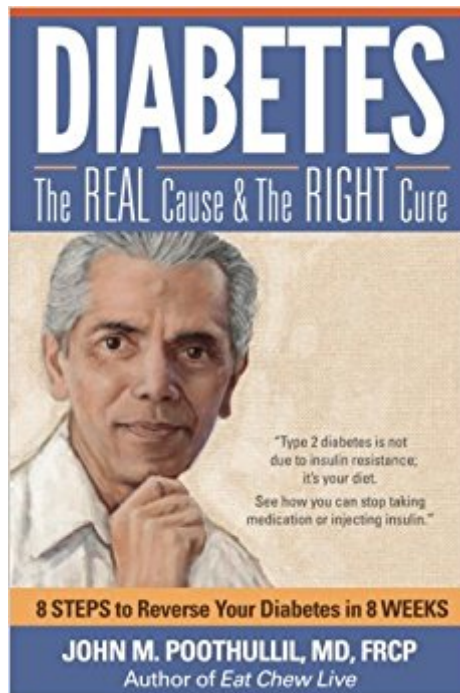




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# **Diabetes: The Real Cause And The Right Cure**



## Synopsis

Type 2 patients! Reverse your diabetes. Gain control of your eating habits! If you have Type 2 diabetes, whether recently diagnosed or ongoing for years, this book will open your eyes to a new type of thinking about the real cause of your diabetes and the right cure that will reverse it. After reading this book, whatever you thought about diabetes will change. If you think that diabetes is your destiny because one or both of your parents had it, you will learn that what you have inherited is only a potential. If you think Type 2 diabetes cannot be cured, this book will show a completely different picture. The fact is, you can reverse high blood sugar and diabetes in as little as 8 weeks using the 8 steps in this book. Diabetes affects more than 23 million people in the US. Most diabetics are treated with medications or insulin injections to control their diabetes, yet they still develop the complications of the condition. Diabetes is considered to be the 3rd leading cause of death in the US. 1 in every 4 adults over age 65 has diabetes. The health professionals have failed to teach people about the true nature of diabetes, says Dr. John Poothullil. This is now a national epidemic that is dangerous and costly. Although there is awareness about diabetes, people are unaware that it is truly preventable and reversible by a simple change in diet. From his research, Dr. John can show that diabetes is caused by the consumption of grains including wheat, barley, rice, oats, corn, and the many products made with the flour of these grains. When people excessively consume grains, it fills their fat cells and eventually forces a normal body metabolism to go haywire, leaving glucose in the bloodstream. This causes high blood sugar and when that continues for a long period of time, it results in diabetes. This analysis of diabetes makes far more sense than insulin resistance. It explains why diabetes is spreading in countries like China, India, England, and the US where grain is a major portion of the diet. It explains why younger and younger adults, even teenagers, are developing diabetes, given their diets of pizza, sandwiches, snack foods, cakes, muffins, doughnuts and so many products that contain grains. It also explains why some pregnant women get gestational diabetes and shed it within days after giving birth, Dr. John states. Recognizing the link between grains and high blood sugar is the key to preventing and reversing diabetes. This is Dr. John's second book. The first, *Eat Chew Live: 4 Revolutionary Ideas to Prevent Diabetes, Lose Weight & Enjoy Food*, on preventing diabetes, maintaining body weight and enjoying food intake was published in 2015. *Diabetes The Real Cause and The Right Cure* is focused on reversing diabetes for those who already have it.

## Book Information

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## Customer Reviews

"A provocative and illuminating hypothesis boldly challenging long-held beliefs on Type 2 diabetes and its current methods of control, in favor of what Dr. Poothullil finds to be a more logical scientific explanation for high blood sugar and the key step to reversing diabetes--avoiding grains." - Kirkus Review

"The book is a no-brainer must-read for any Type 2 diabetic who truly wants to change, and who is open to consider a new scientific equation for understanding their diabetes along with different approaches to not just control it, but eliminate it from one's life. All that's required is a willingness to change lifestyle choices." - Diane Donovan, Midwest Book Review

If you have Type 2 diabetes, whether recently diagnosed or ongoing for years, this book will open your eyes to a new type of thinking about the real cause of your diabetes and the right cure that will reverse it. After reading this book, whatever you thought about diabetes will change. If you think that diabetes is your destiny because one or both of your parents had it, you will learn that what you have inherited is only a potential. If you think Type 2 diabetes cannot be "cured," this book will show a completely different picture. The fact is, you can reverse high blood sugar and diabetes in as little as 8 weeks using the 8 steps in this book. To begin, think about this. If you feel that you are in "control" of your diabetes by being able to keep your blood sugar level in a desired range with medications, you must ask yourself a few questions. Where did the blood sugar that your medications supposedly made disappear from the blood go? Did it exit your body? If your diabetes

care provider tells you that the sugar was "metabolized," meaning used by your cells, ask for the evidence of this. The fact is, even with medication or insulin injections, blood sugar remains in the body disguised as fat, which can lead to blockage of blood vessels and diabetic complications despite the appearance that you are maintaining blood sugar control. Think of the freedom you will feel by not having to carry food with you when you travel or arrange for special food to be available at your destination because you are taking diabetic medications. Think of not having to get up from sleep with perspiration, palpitations, and panic due to a hypoglycemic episode. Think of not being afraid of experiencing the mental cloudiness and confusion associated with low blood sugar that happens in a Type 2 diabetic on medications. Think of the joy you will experience to be able to eat when you are hungry rather than on a schedule, or to be able to skip a meal if you want without having to worry about the serious consequences of hypoglycemia.

I have read many books on Type II Diabetes, which I have, but none have both persistently pointed to the cause--grains, sugar, too much of all of it--while gently showing how to change it. I stress eat and I love pasta, bread, toast, bagels, rice, especially at night. Somehow, Dr. Poothullil's clear but also kind direction about why and how we get diabetes really helped me recommit to changing what I am eating. I also like the simplicity of it--avoid these foods (unfortunately, the ones you want), and eat other foods. Eat these new foods slowly and enjoy them. Enjoy being alive and watch your blood sugar numbers drop. Here goes....

just purchase just started reading all ready lost 10lbs blood sugar drop from 132 to 109. A must read the best book on diabetes I have read. Its hats off to Dr. Poothullil A true gem.

This is an excellent book, intelligently written with a lot of new scientific knowledge included. I am looking forward to reversing diabetes by using these techniques. Dr. Poothullil is very credible and gives a lot of great advice. I'm impressed and highly recommend this book.

Dr. Poothullil has opened my eyes to the true culprit of my type 2 diabetes. I have already begun to implement his solutions in my daily diet. Thank you for all of your efforts in bringing this disease into the light. I always thought I would be stuck with this "disease" for the rest of my life, Dr. Poothullil has given me fresh hope in changing that outlook.

Logical explanation and remedies for type 2 diabetes

Well written for the lay person. Information that can bring a more healthy life.

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