



There Is a Cure for Diabetes, Revised Edition: The 21-Day+ Holistic Recovery Program

Gabriel Cousens MD

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This new edition of *There Is a Cure for Diabetes* offers an innovative approach to the prevention and healing of what Dr. Gabriel Cousens calls chronic diabetes degenerative syndrome. A leading medical authority in the world of live-food nutrition, Dr. Cousens exposes the dangers of excess glucose and fructose as the key causes of this seemingly unstoppable epidemic that affects more than twenty-five million Americans and 347 million people worldwide. Cousens, whose Diabetes Recovery Program is the most successful antidiabetes program in the world, presents a three-week plan that focuses on a moderate-low complex carbohydrate, live food, plant-source-only diet that reverses diabetes to a physiology of health and well-being by resetting the genetic expression of a person's DNA. The program renders insulin and related medicines unnecessary within four days as the blood sugar drops to normal levels, and the diabetic shifts into a nondiabetic physiology within two weeks.

Substantially revised throughout, this practical and encouraging guide reveals the risks of *low* cholesterol and low omega 3s in one's diet and includes more than 140 delicious and healthy recipes. The book represents a major breakthrough in understanding the synergy that helps cure diabetes.

From the Trade Paperback edition.

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