



## Summary of the End of Diabetes: By Joel Fuhrman Includes Analysis (Paperback)

By Instaread Summaries

Instaread, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Summary of The End of Diabetes by Joel Fuhrman Includes Analysis Preview: First published in 2012, The End of Diabetes: The Eat to Live Plan to Prevent and Reverse Diabetes is an argument for diabetics and health care professionals to change their perspective on conventional treatments of diabetes to instead prioritize healthy diet and lifestyle changes for improved outcomes. By following the practical steps and the meal plan recipes that author Joel Fuhrman describes, type 1 diabetics can reduce their insulin dependence and type 2 diabetics can defeat their disease altogether, ending their reliance on insulin and other medications entirely. Every year, the population of diabetics in the United States grows. In large part, this concerning and costly trend can be prevented and even reversed. By 2012, approximately 90 percent of American diabetics had type 2 diabetes, the form of the illness that is almost universally brought on by obesity and poor nutrition. For Americans who have yet to develop type 2 diabetes. PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread Summary of...



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