



REVISED EDITION

# There Is a Cure for Diabetes

The 21-Day+ Holistic  
Recovery Program

"There Is a Cure for Diabetes  
is an extraordinary tool that will guide  
you in your journey to fight diabetes  
and regain your health."

—NEAL BARNARD, MD, Physicians  
Committee for Responsible Medicine

**Gabriel Cousens, MD**

Best-selling author of *Conscious Eating* and  
*Rainbow Green Live-Food Cuisine*

Gabriel Cousens M.D. and

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



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Cousens, whose Diabetes Recovery Program is the most effective antidiabetes program in the world, presents a three-week plan that targets a moderates DNA. A respected medical authority in the wonderful world of live-food nourishment, Dr. Cousens exposes the hazards of unwanted glucose and fructose as the key causes of this seemingly unstoppable epidemic that impacts a lot more than twenty-five million People in america and 347 million people world-wide. This new edition of There exists a Cure for Diabetes provides an innovative approach to the prevention and healing of what Dr.-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' Gabriel Cousens calls chronic diabetes degenerative syndrome. This program renders insulin and related medications unnecessary within four days because the blood sugar drops to normal levels, and the diabetic shifts right into a nondiabetic physiology inside a fortnight. The publication represents a major breakthrough in understanding the synergy that assists cure diabetes. Substantially revised throughout, this useful and encouraging guidebook reveals the dangers of low cholesterol and low omega 3s in one's diet and includes more than 140 delicious and healthy recipes.



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Yes, this book is extremely dense with information about the most recent in diabetes research, however when people do not have \$11,000 or 3 weeks to be away from work, what are they likely to do? The initial half of the publication gives the research of diabetes and different ways of eating, and justification for consuming raw foods. The person who came up with that term was attempted in his Indigenous France for practicing medication without a license, and his treatment was predicated on somatids. It requires lots of blendering, food-digesting and dehydrating. But I really do like some cooked veggies, and some gluten-free of charge baked breads. I've been eating about 60% natural since January 1st, and have noticed a good drop in blood sugar levels, so I believe this diet works if you can "hack" it. At one stage my roommate had actually appeared as if he was dying from AIDS that is how deathly ill he became along with his diabetes. The follow-up diet allows some cooked foods, but is still predominately natural. The doctors that deal with him have virtually fallen off their seats! Following advice in this book, I reduced by fasting blood sugar from a standard of 144 to less than 100 in 2 weeks and an average of 85 for the last 60 days & Plenty of prep is involved in most of them, as well as a lot of equipment. I recommend "Raw and Simple" by Judita Wignall. This book presents 100 easy recipes (with photos!! Open Take note to Dr. Cousens!!!! It's not only never outlined, however when I known as the Tree of Existence Center to ask where to find it in the book, I was informed there was none. I got to sign up for the \$11,000 Tree of Life system to be given the particulars and outline!ADVICE in This Book The basic premise would be to eat RAW and low carbohydrate to cure Diabetes. I actually trust the author's function. Where is a concise outline of WHAT people are supposed to Perform for the 21 days? This book simply ends up presenting itself as an in depth advertisement for the real system in Patagonia, AZ, and yet you can infer by your title that the program is within the reserve, which it isn't!As a holistic practitioner for 30 years and a glucose challenged individual for 20, I needed to believe in your statements of a cure.boom. Upon receiving your 500+ page reserve and reviewing the contents, I quickly understood that there was NO outlined program. Without a GREAT deal of work to synthesize all the details oneself into a program that can be adopted, a reader won't think it is here,If your "system" needs such individual interest, as explained by your Tree of Existence Center staff, that it cannot be condensed into composing a practical each day, useable action strategy, then, in my opinion, you should not utilize the extant name. He needless to say will continue to renew his health with the advice in this publication and eat raw for several months to come to continue to heal.I have already been a reader of your books for more than 30 years, Dr. Cousens, and an admirer of your ideas. I CANNOT say enough good stuff about the program for healing diabetes defined in this book.. I have a roommate who was deathly ill with rampant diabetes, was injecting himself with 10 products of .. THIS IS IT !!!! But withing days he could stop injections entirely with a few days and simply relied on his supplements (one in the morning and one in the evening) and stayed that way for almost two weeks until he began to visit a drop AGAIN in his morning fasting blood sugar levels in the 80's! Today, which has come to an end. I'll just tell I understand first hand IT WORKS!) that I can make with only a blender and a nut (or coffee) grinder!! His neuropathy in his ft made his life miserable ( although he was taking medication for this aswell ), his eyesight was going, and his energy level was that of a 101 year old guy. EFFECTIVE and AMAZING!. After that he went down to 5 UNITS !. after each meal and 35 devices of . TRUE ! LOOKING FOR A Treat FOR DIABETES? Love the recipes.. every day to start off his time.! INCREDIBLE BUT TRUE!. We got this publication and two of Dr. Cousens raw food cookbooks and began on a raw food regime with a number of the health supplements recommended by Dr. Cousens in this publication. I know you won't believe what I am about to state but it is completely TRUE! NO medication. After that stayed at 15 for a few days then right down to 10 models. But make sure you buy at first only those raw foods that stick to the protocol in phase one of the program described by Dr... A DAY and then started taking his supplements (malfo... Put simply he was miserable!) which he had stopped taking and most likely shouldn't have quite yet.! and has stopped ALL MEDICATION ALTOGETHER!!!! He walked such as a 120 12 months old man and may barely make it up and down stairs. I am talking about somebody who was so very sick for several years and insulin dependent for two years. The publication does cover some recommended supplements that Diabetics should take, but these are in the text and not provided as a quick-reference list as I'd like them to be. and are contacting in all the head honchos in their department to see this case! I'm already a vegetarian, therefore the modification to a raw, vegetable-based diet isn't as hard for me as it might be for some. His vitality has risen significantly and his neuropathy has diminished significantly he is able to climb stairs minus

the help of a bannister right now. He walks quite a bit and stands without problems. I mean the change is AMAZING! All this in much less than 8 weeks. Rather, I might suggest, "A 21+ day Holistic Recovery Plan IN PATAGONIA, AZ for only \$11,000". Dr. Cousens system in Arizona I believe now costs thousands but when you have courage you can test to use the details in this book and the quality recipes in his cookbooks or simply buy great organic pre-prepared foods in your neighborhood health food store which we did as well to have on stock in the refrigerator. Every time we waited for him to stabilize his sugar levels during the day and then moved on accordingly. Follow this and treatment your diabetes! The original diabetes doctors that got attended to my friend and roommate had informed him hew would be on insulin for the rest of his existence! All I can say is EAT Natural AND REGAIN YOUR WELLBEING!!!! Wishing you ALL the best!

Cousens. Got diabetes? This reserve will help you treat it in the event that you follow the guidelines. And the recipes are not for occupied kitchen novices. First he could leave behind the shots after meals then came down form 35 units each morning to 20 to then 15 and I am talking about in less than fourteen days (really in much less time). Great book, thanks Dr. Cousens!! The title says "A 21 day time+ Holistic Recovery Plan" Where is the program? Though this book can be well foot-noted, it really is based on very questionable study that really offers no place in neuro-scientific nutrition.. This is a lie that the get rid of is in the book The cure being in the book is a misinformation: the cure would be to vist the doctor in Patagonia, Arizona, which apparently costs thousands of dollars depending upon just how much you can afford. Information that cannot be turned into practice is worthless. Informative and thorough This author is wak -- do NOT follow anything this man has to say (or at least VERIFY whatever you try to follow) BUYER BEWARE. Raw eating I really like the book want a little more time was allocated to the juice fast but enough to understand it or perhaps a small booklet on fasting itself. See my review on his various other publication Rainbow Green Live meals cuisine. I will not repeat it here except to say that man believes in "protits" (not misspelled) == somatids, which if you look in the medical online dictionary, says "somatids", a lifestyle form which is not bacterial, viral or fungal, but which instead belongs to a definite domain unknown to modern science and medicine. The completely natural, vegetarian, low-carb diet that is advocated for the 1st few weeks is very tough to follow though. Three Stars Interesting book ! eating healthy is a superb idea no matter what Eating a nearly 'no-carb' diet is NOT curing diabetes, it's managing it. Of course if you don't eat carbs or harmful processed foods your dependence on meds will diminish, however the second you place a bite of regular white bread in your mouth... Although well handled for some of those twenty years, things recently changed and I was prepared for the major shifts in diet and consciousness that appeared to be the hallmark of your program. However the levels were hardly ever crazy out of control..same problem. Management isn't a 'cure'. That being said, eating healthy is an excellent idea regardless of what. Just you shouldn't be mislead into considering you are 'cured'. great info so still reading, great info so far



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