



Dr. Jason Fung

## The Diabetes Code: Prevent and Reverse Type 2 Diabetes Naturally



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Jason Fung, a revolutionary instruction to reversing diabetes. From acclaimed author Dr. Dr. Jason Fung permanently changed the way we consider obesity with his best-selling publication, The Obesity Code. Today he has set out to perform the same for type 2 diabetes. Writing with clear, persuasive language, he explains why common treatments that depend on insulin or additional blood-glucose-lowering drugs can actually exacerbate the problem, resulting in significant excess weight gain and even cardiovascular disease. Fung reveals in this paradigm-shifting book, is that type 2 diabetes is reversible. But the truth, as Dr. Today, most doctors, dietitians, and even diabetes experts consider type 2 diabetes to be a chronic and progressive disease - a life sentence without likelihood of parole. The only way to treat type 2 diabetes efficiently, he argues, is appropriate dieting and intermittent fasting - not medication.



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This May Be the Long-Overdue Breakthrough.. I was diagnosed with Diabetes 16 years ago and desire I had this publication then. A book that should change the world Best-selling author and intermittent-fasting advocate Dr. I am going out tomorrow to consider it because Amazon has gone out, and this book could save her existence! This book builds on the success of very low-carb eating as a therapeutic method of type 2 diabetes. Nonetheless it goes beyond that by advocating regular prolonged fasts as a potential cure for diabetes. I'm discussing fasting for 30-36 hours at a stretch, for up to three times weekly. On non-fasting days, his patients typically consume a low-carb diet, making sense to me. Two week-long sample meal programs are provided. Thus far, none of my patients have asked me about fasting. If the underlying research checks out, I'd seriously consider the Fung approach myself easily had T2 diabetes."

Unfortunately, many doctors won't take the time to browse the book. That's quite easy for me, probably because I eat low-carb, therefore my fat-burning up cellular machinery is prepared for action. In bro-science terms, I'm keto-adapted. Ultimately what counts is whether his protocol actually reverses diabetes in significant numbers of people, and does it properly. Maybe it's less difficult if you are obese. Dr Fung shares many clinical vignettes from his Intensive Dietary Administration Plan in Canada. Jason Fung put it all together in an exceedingly readable format. Extremely encouraging As a family group practice physician this publication is just what I had a need to keep me centered on the identification and treatment of metabolic syndrome. Because it seems to end up being an efficient way to reverse the fat build-up in the liver and pancreas that cause the high bloodstream sugars of diabetes. Book about Hope Amazing, informative, very well documented book upon reversing Type 2 Diabetes. The author says this is what causes diabetes and prediabetes. First, remember that dietary carbohydrates cause a discharge of insulin from the pancreas, to be able to dispose of the carbohydrate as an instantaneous way to obtain energy or for storage space in the liver and skeletal muscle tissues as glycogen. If the carb is not needed for immediate energy and if the glycogen tanks in liver and muscle mass are complete, the glucose is changed into fat. That excess fat is ideally stored in specialized excess fat cells (adipocytes), but may also be kept in the liver and pancreas (called visceral excess fat). Excessive fat in the liver and pancreas ultimately impairs function of those organs. To prevent this overload, cells need to become resistant to insulin's effects. Diets abundant with highly-processed, refined carbohydrates (especially fructose, sucrose, and starches) over-stimulate insulin launch from the pancreas. A world without T2 diabetes can be done! Intermittent fasting and incredibly low-carb eating directly and immediately ameliorate the high insulin levels that trigger diabetes. The fasting allows for extended periods of low insulin, which assists cells regain or maintain sensitivity to insulin, he says. Dr Fung rightfully points out that his program should be done under doctor supervision, especially if you take drugs that can cause hypoglycemia. I can see individuals taking this publication to office appointments and asking "Doc, can I try this?" The longest fast I've done has been 24 hours. Best info out there Loved this book. I actually reversed my diabetes with this publication! I liked the details and documentation of issues which may be done to lessen diabetes symptoms..the very low-carbohydrate diet does remarkably well, providing you 71% of the advantages of the fasting without actual fasting." My least preferred sentence: In relation to side effects (e.g.." No, that's just great ol' "induction flu," recently called keto flu. Last week I had my A1C checked by my doctor. Maybe Dr Roger Unger's glucagon-centric hypothesis may be the reality. I have no idea if fasting 36 hours would be any harder than 24..-Steve Parker, M.D. Disclosures: I was given an Advance Reader's Copy of the publication by the publisher's representative, otherwise I received no financial or other compensation. I don't know Dr Fung. Potential conflict of interest: We am a diet book author and

blogger who advocates Mediterranean-style eating and low-carb eating for everyone and diabetics. In the event that you only ever go through one publication for Diabetes this ... In the event that you only ever browse one publication for Diabetes that is it..6! I have been pursuing Dr. Fung with fasting during the last few months losing 30lbs but this book actually put it all jointly for me. It is 5. It was an eyesight opener in so many methods, explaining the disease in ways I have never heard before but makes total sense. This is actually the best diet book I've ever read. Fung I cant many thanks enough. My favorite sentence: ".this book will open your eyes to things that needs to be self-evident but are fogged over by traditional medicine and big pharma. My blood sugar at that time was 383 and my A1C was 11. Although I have managed it with a low carb diet I have still occasionally experienced from symptoms that I associate with Diabetes unwanted effects. I started researching diabetes and discovered video clips of Dr. Jason Fung on YouTube.! I started the ketogenic diet plan and intermittent fasting. I just received my new lab results today. In just 7 weeks my blood sugar is definitely 120 and my A1C is 6.8!! Five Stars Very helpful Read it! Many thanks so very much Dr. Fung for providing me the path to reverse my diabetes! I bought both of his books, the obesity code and the diabetes code your day it was released for sale.! The Diabetes Code is crucial have book for people coping with diabetes!Update., hunger pangs, muscle cramps, head aches) when starting fasting: "These unwanted effects tend to be signs that your body is dumping its toxic sugars load. If the Fung protocol proves widely effective, and I am hoping it can, a Nobel Prize in Medication could be in Dr Fung's potential.I don't know if Dr Fung's causation theory of diabetes is correct or not. I can't tell you how grateful I am for all your effort and work he has placed into this.6! This book works! I actually waffled between a four or five-star review, but settled on four-star because 1) We haven't read all of the pertinent scientific literature, and 2) I'm not sure how feasible the Fung process is for the common type 2 diabetic (or PWD if you like). Jason Fung simply released a new and very important book – The Diabetes Code.Globally, the amount of people with diabetes mellitus offers quadrupled during the past three decades. About 1 in 11 adults worldwide now have diabetes mellitus (90% of whom possess type 2 diabetes) and it has become one of the most common factors behind premature death and disability. While additional diseases, like smallpox, Helps and tuberculosis, are now pretty much under control, we have completely didn't perform the same with the epidemic of type 2 diabetes.This book could speed this process up. Have we fundamentally misunderstood the way the disease is triggered and how exactly to treat it? Thank you Dr. Fung for placing the record right. Fung reveals in this paradigm-shifting reserve, is that type 2 diabetes is reversible."This is a great book. It's powerful yet simple to understand.. I am very acquainted with his sources plus they have motivated me. That is so simple a child could understand the essential idea after a few pages – but most likely a lot of professors won't.Another quotation from the cover I could completely trust: "Clear and utterly convincing, this book deserves to be widely read. The message in the complete book feels extremely obvious to me, in a great way. It's simple to understand, entertaining even, and it creates so much sense that it's not surprising that the recommended treatment works therefore well for a lot of people.Probably you'd need an extremely long education never to understand something that should be so obvious. And I can't recommend it extremely enough to whoever has type 2 diabetes, or understands someone who do. Michael Mosley"Again, the only shocking factor is that this book is so very controversial. It shouldn't become, and I'm confident that you won't be later on. Wish I had understood this thirty years back.Why? It might change the world and the dramatically raise the health of everyone with type 2 diabetes – near half a billion people!This is a book that needs to be read by each and every person – doctors, nurses and

other health care professionals – who treats people who have diabetes.– Dr. Why the intermittent fasting? He doesn't mention how many of his patients start the program and then drop out because it's too difficult. He helped me understand some items that I have already seen in my individuals. My experience is confirmed by this book. Fung even starts with a short chapter summarizing what type 2 diabetes is usually and how to invert it, the "quick start guide". Now this publication becomes a state-of-the-artwork reference. I wonder if this manifesto was actually written to convince physicians that what we've been doing for years is usually misguided, and that Fung's approach may be the way to go. As the cover says: "Today, most doctors, dietitians, and even diabetes professionals consider type 2 diabetes to be a chronic and progressive disease – a life sentence without possibility of parole. However the truth, as Dr. A cure for diabetes. I wish I could find this in reserve form so that I could purchase it for my girl. When I point out diabetes or diabetic hereafter, it certainly is type 2 diabetes, not type 1. That excess fat build-up, subsequently, is due to high insulin levels, regarding to Dr Fung's operating theory of diabetes causation. TThis book is quite informational about Diabetes. Over time, this causes not merely body fat, but also fat build-up in the liver and pancreas, impairing their function.! Short but sweet (sic).. Dr. Initial week of March I was identified as having diabetes. You won't regret reading this book in case you are in the throws of diabetes or prediabetes. The only diabetes book you'll ever need to read! Dr. Fung should win a nobel prize! Amazing info! I have followed Dr Fung's advice, have dropped thirty pounds and significantly improved my blood sugar.. Very informative. Must buy! Dr. Explains the biology of losing weight and how to totally reverse diabetes, pre-diabetes, and metabolic syndrome. Within ten years or two from today, the message of this book should ideally be generally accepted almost everywhere.



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