

Joel Fuhrman

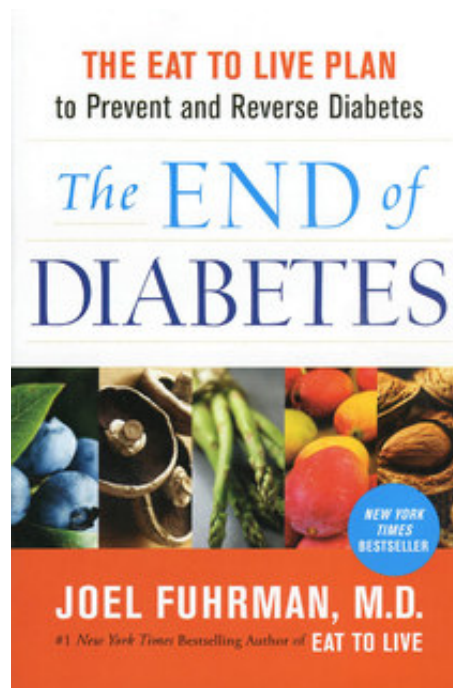
The End of Diabetes

Leseprobe

[The End of Diabetes](#)

von [Joel Fuhrman](#)

Herausgeber: Harper One



<http://www.unimedica.de/b19080>

Sie finden bei [Unimedica](#) Bücher der innovativen Autoren [Brendan Brazier](#) und [Joel Fuhrman](#) und [alles für gesunde Ernährung](#), [vegane Produkte](#) und [Superfoods](#).

Das Kopieren der Leseproben ist nicht gestattet.

Unimedica im Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern

Tel. +49 7626 9749 700

Email info@unimedica.de

<http://www.unimedica.de>



Contents

INTRODUCTION: A Letter of Hope	1
ONE The First Step—Understanding Diabetes	7
TWO Don't Medicate, Eradicate	25
THREE Standard American Diet Versus a Nutritarian Diet	41
FOUR Reversing Diabetes Is All About Understanding Hunger	55
FIVE High-Protein, Low-Carb Counterattack	67
six The Phenomenal Fiber in Beans	89
SEVEN The Truth About Fat	107
EIGHT The Nutritarian Diet in Action	123
NINE The Six Steps to Achieving Our Health Goals	153
TEN For Doctors and Patients	169
ELEVEN Frequently Asked Questions	191
TWELVE Menus and Recipes	207
TAKE IT FROM HERE	267
ACKNOWLEDGMENTS	269
NOTES	271
RECIPE INDEX	293
INDEX	297

Excerpt from J. Fuhrman, „The End of Diabetes “
Publisher: Harper One
Excerpted by Narayana Publishers, 79400 Kandern,
Tel.: +49 (0) 7626 974 970-0



INTRODUCTION

A Letter of Hope

DEAR FRIEND,

Congratulations. You have taken the first step in freeing yourself from the life-threatening disease known as diabetes.

As you may have read or heard, nearly 26 million Americans (11.3 percent of adults) now have diabetes, according to the Centers for Disease Control and Prevention new estimates of diagnosed and undiagnosed diabetes. Nearly 80 million (35 percent of adults) qualify as having prediabetes. If the trend continues, one in three American adults could have diabetes by 2050.

Diabetes is widespread, and we can no longer take a passive approach to getting our health back. This book is designed for people who want to take aggressive action in their battle to lose a dramatic amount of weight and reverse diabetes, high blood pressure, and heart disease. You can seize control of your health. It is in your hands. Together, we can start right now.

This program has been tested by thousands of individuals, and the extraordinary results have been documented in medical studies. It is possible to prevent and recover completely from type 2 (adult-onset) diabetes.



As a diabetic you probably have a plan to keep on top of your condition with glucose monitoring, HbA1C measurements, regular physician visits, and medication adjustments. These standard and accepted practices to maintain control of your blood glucose are seen as essential to your health. Unfortunately, this is all wrong. Your life and these treatments are focused on controlling your blood sugar instead of learning how to rid yourself of diabetes. Even with adequate glucose control, if you remain diabetic, the illness will age you prematurely and shorten your life. What's more, when you focus only on the numbers instead of removing the causes of diabetes, it could actually worsen your diabetes in the long run.

The majority of medications used to lower blood sugar place stress on your already failing pancreas. The probability of your diabetes getting worse under conventional medical care is especially likely since medications used to control blood sugar, such as sulfonylureas and insulin, also cause weight gain. The dangerous combination of pushing the pancreas to produce insulin and gaining more weight with medication actually results in the need for additional medication as you become increasingly diabetic. This common and yet failed approach shortens life span and increases the risk of heart attacks.

The number of people with type 2 diabetes is rapidly increasing, having tripled in America over the last thirty years. The main reason for this is openly recognized: America's expanding waistline. Yet physicians, dieticians, and even the American Diabetes Association (ADA) have all but given up on promoting weight loss as the primary treatment for diabetes. Medication is the accepted treatment—even though it is often the medication itself causing more weight gain, worsening symptoms, and making individuals more diabetic. This creates a vicious cycle: as a person becomes more diabetic, more medications are needed, the doses keep going up and up, and the person become more diabetic. It is a misguided approach to our health. Most diabetics would be better off if these medications were never invented because maybe then they



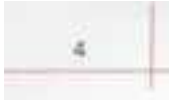
would have been forced to change their lifestyle and eating habits. Reversing and preventing diabetes on an individual and national level does not require a prescription. It requires a change in the way we eat. The medical community has given up on weight loss as an avenue to help diabetics mostly because traditional diets don't work. But even if you have failed on one diet after another in the past, please don't give up. The diet plan in these pages *does* work. You will see radical improvements in your health. You are the owner and operator of your body. You *can* reverse and even eliminate your diabetes with the life-saving nutritional information in this book. The nutritional plan I have used for over twenty years on more than ten thousand patients is based on a central idea:

Your Health Future (H) = Nutrients (N) / Calories (C)

My approach is radically different from other methods and is proven to work. I will show you how your body can heal itself when you give it the necessary tools. The fact is, your body is designed for wellness. Give it the right biochemical environment for healing and it becomes a miraculous self-healing machine. My approach is based on a scientific formula that determines life span and health. This formula, known as $H=N/C$, means your health is determined by the nutrient-per-calorie density of your diet. When you eat more foods that have a high-nutrient density and fewer foods with a low-nutrient density, your health will dramatically improve and your diabetes will melt away.

When you eat mostly high-nutrient foods, the body ages slower and is armed to prevent and reverse many common illnesses. The natural self-healing and self-repairing ability that is hibernating in your body wakes up and takes over, and diseases disappear. A nutrient-rich menu of green vegetables, berries, beans, mushrooms, onions, seeds, and other natural foods is the key to achieving optimal weight and health.

Contrary to popular speculation, the many diseases that plague all people and threaten our lives are not an inevitable consequence of



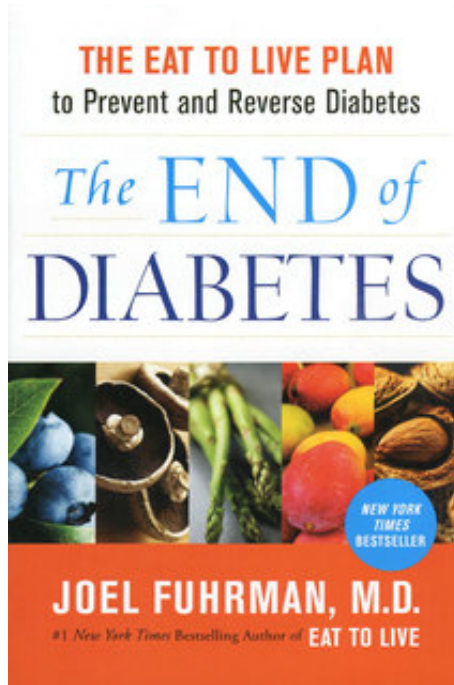
aging. We are not the victims of poor genetics. We do not need a steady supply of pills for the rest of our lives. We have come to believe that our excess, disease-causing body fat is normal, acceptable, and too difficult to take off. Drugs are not the solution to the weight, diabetes, or other problems that seem to come with aging.

Knowledge leads to power. Learning how the foods you eat affect your health and well-being gives you the power to become healthy, live longer, and feel better every single day. People who use my program are amazed by the results. When you eat sufficient micronutrients and fiber with a high-nutrient diet, it suppresses food cravings. Amazingly, you begin to naturally crave fewer calories. This puts an end to over-eating. If you are overweight, this approach will rapidly create weight loss until your body finds its natural, healthy weight. For most people, the weight loss obtained through this diet rivals that of gastric bypass surgery but without the risk.

I know you're thinking, *Will I be hungry all the time? And will the food be good?* Here's the great news: healthy food should be and can be easy to prepare and delicious. I have traveled the world and have worked with celebrated chefs to come up with recipes and meal plans that are filling, mind-blowingly delicious, and good for you. No kitchen expertise is required, as these recipes are for everyone. As you follow this diet, I promise that it will soon become the way you prefer to eat. So many of my patients who started Eat to Live have changed the way they eat forever. The food tastes good, and they feel good. The truth is that once people understand the fundamentals and amazing rewards of healthy eating, we never go back to our old habits. This approach is priceless because it is lifesaving.

**Your health is dependent on the amount
of nutrients in your diet.**

I call a diet that is rich in micronutrients a *nutritarian diet*. In other words, the more *nutrient dense* your diet, the healthier you become. It



Joel Fuhrman

[The End of Diabetes](#)

The Eat to Live Plan to Prevent and Reverse Diabetes

320 Seiten, kart.
erschienen 2014



Mehr Bücher zu gesund leben und gesunder Ernährung www.unimedica.de