



Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes without Drugs

Neal D. Barnard

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Until Dr. Barnard's scientific breakthrough, most health professionals believed that once you developed diabetes, you were stuck with it—and could anticipate one complication after another, from worsening eyesight and nerve symptoms to heart and kidney problems. But as this groundbreaking work reveals, this simply is not true. In a series of studies—the most recent funded by the National Institutes of Health—Dr. Barnard has shown that it is possible to repair insulin function and reverse type 2 diabetes. By following his scientifically proven, life-changing program, diabetics can control blood sugar three times more effectively than with the standard diet; and cut back on and in some cases eliminate medications while reducing the risk of diabetes complications.

"The long overdue epic scientific breakthrough in diabetes is here...an obvious must-read for health professionals and for diabetic and potential diabetic patients." —Caldwell B. Esselstyn, Jr., MD, preventive cardiology consultant, Cleveland Clinic

"This is the approach to follow...the clinically proven way to get your blood sugar under control... and start living again."—John McDougall, MD, founder and medical director of the McDougall program

"Dr. Barnard's book is no exaggeration...The signs and symptoms of diabetes can be reversed, and he's got the evidence to prove it."—Jennie Brand-Miller, PhD, author of *The New Glucose Revolution*

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