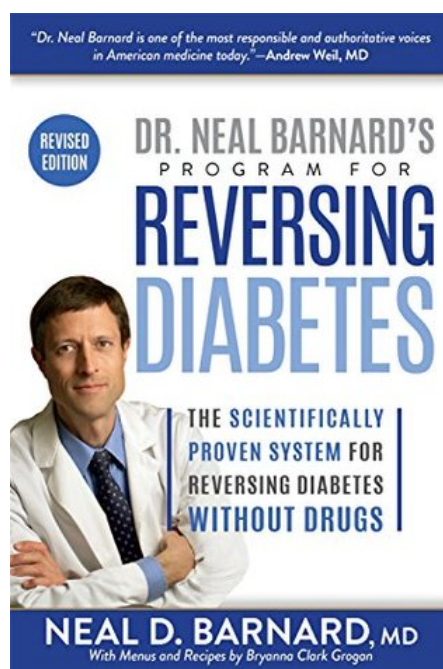




Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes without Drugs

Neal D. Barnard

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Tackle diabetes and its complications for good with this newly updated edition of Dr. Neal Barnard's groundbreaking program.

Revised and updated, this latest edition of Dr. Barnard's groundbreaking book features a new preface, updates to diagnostic and monitoring standards, recent research studies, and fresh success stories of people who have eliminated their diabetes by following this life-changing plan.

Before Dr. Barnard's scientific breakthrough, most health professionals believed that once you developed diabetes, you were stuck with it—and could anticipate one health issue after another, from worsening eyesight and nerve symptoms to heart and kidney problems. But this simply is not true—Dr. Barnard has shown that it is often possible to improve insulin sensitivity and tackle type 2 diabetes by following his step-by-step plan, which includes a healthful vegan diet with plenty of recipes to get started, an exercise guide, advice about taking supplements and tracking progress, and troubleshooting tips.

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

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From Reader Review Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes without Drugs for online ebook

Jahan says

I have finished this book but have been on the program about two weeks. The changes are already noticeable and encouraging. I have lost some pounds, and my blood pressure is much, much lower than it was before I started. I don't see much effect in my glucose readings, but as the fat goes down, the weight goes down, and as the weight falls, so will the blood sugar measurements. I have been aware of my type 2 diabetes for maybe 3.5 years, and having attempted some incremental changes, with correspondingly modest results, I am at a point where I am ready for my drastic (but not reckless) changes. This book may have changed my life. The results are not in yet, but I have high hopes. I am embracing the change in lifestyle. I have a copy of Eat More, Weigh Less by Dr. Dean Ornish, which is referenced several times in this book, but at the time I got it, I wasn't ready for it, and I set it aside. The premise is the side. Cut animal products out of your diet, and reap the benefits. I am seeing them. The writing style is repetitive at points, but I think many of us needs to have the points hammered home. Too many people ignore their health for the sake of pleasures that come with unhealthy eating. This book is good, but it will be great for you if you actually apply it.

Bob says

The best health book I've read, period. This clear, concise explanation of how and why your body rejects certain foods and thereby develops diabetes helped me understand how to control my diabetes for years with Dr. Barnard's diet recommendations. I highly recommend this book to anyone with diabetes or anyone in danger of developing diabetes.

Sonia Crites says

I'm glad I decided to read this. I feel like it's helped me better understand diabetes. It's well written full of information but not too scientific. The diet sounds like something I could possibly do and several of the recipes at the end sound really good.

Lora says

An incredibly empowering book for those encountering diabetes. I have been implementing the principles in here and have started to see fantastic results. I do quibble on the idea that one has to switch diets completely and suddenly. I can see the reasoning. However, I myself encounter far more trip ups and falls of the wagon when I go through such abrupt changes. Nevertheless, I am nearly completely vegetarian now and seeing great strides, not miniscule changes, in my over all health. I expect to become vegetarian for health reasons, and the effects are trickling into the lives of my family as well. I absolutely love that someone has done the research to work around the pharma approach to health that we so often blindly depend upon. I'm showing this book to my doctor.

Monk says

A wonderful book suggestion (and gift) from my sister. Even if you don't fully embrace the vegan program suggested here, this book is wonderful for helping you to understand the science behind diabetes and how to take active steps to control its progression and even reverse it. I have incorporated a lot of the changes suggested in this book and have seen incredible results in weight loss, decrease in neuropathy, and decrease in blood glucose levels. I haven't gone vegetarian yet, but I have dramatically reduced my consumption of meat, and it really does seem to help.

Laura says

I read this book. I believed what he said. I followed his suggestions and lost 75 pounds. My diabetes has been reversed. This is a good book.

D Books says

Although very repetitive, this book is very informative for diabetics and really anyone thinking of switching to a vegan diet. I highly recommend it for people who have diabetes and have struggled in the past with different diets to bring their blood sugar down. The author of this book is a physician who has actually performed research studies which have been published in peer reviewed research journals and hence shares with the reader his findings and the findings from other research studies as well. In a nut shell this is what the author is promoting: a diet that does not contain any animal meat/fat (vegan diet with no more than 2 – 3 grams of fat per serving); minimal to no oil consumption (no vegetable oil, peanut oil, olive oil, and etc.); and lastly, a low-GI (Glycemic Index) type of food (rye bread, yams, apples, beans, etc.). I picked up this book thinking that I could brush up on my knowledge of diabetic diets so I could perform better patient teaching. I am not vegan or diabetic, but I could certainly try some of his suggestions. The majority of recipes found in the back of the book do not seem like recipes that I would try because they do not look that easy to make. However, there are a few recipes like the Fruit Smoothie, Spinach Hummus, Red Wine Vinaigrette, and maybe even the Wheatberry Pancakes that I am thinking about trying. Apart from the absolutely no animal meat/fat, I think that I will be using the no oils and low-GI suggestions. Because this book is so informative, I will be purchasing this book in the near future. Hopefully, this was a helpful comment for anyone thinking of reading this book.

Janet Young says

Dr. Barnard recommends a low fat vegan lifestyle to reverse diabetes.

You have to be in the right frame of mind to enjoy this book.....either you or someone you know has diabetes, you're interested in diet/health, and/or you are exploring the possibilities of a vegan diet.

Cynthia says

Great and inspiring work... in my opinion, the science to back the goal to lose weight and avoid or reverse diabetes. My husband and I are following this program as much as possible and are feeling much better, sleeping better and feeling hopeful about our futures without diabetes. Lots of delicious recipes included in this book by Dr. Barnard, who I admire greatly.

Abbey says

I love cheese too much to live lowfat vegan... sorry. Read Susanne Somers diet book. It takes nearly the opposite approach for diabetes. Who knows...

Oscar Garcia says

I'm a soon-to-be former type 2 diabetic, couch potato (those of us who read a lot), who has been on this vegan diet for the past 46 days. The results: I have LOTS of energy. I no longer have cravings for meat, sugar, dairy products or fast foods. I've lost 22 pounds- 2 pant sizes, and I feel GREAT!! I exercise: brisk 40 minute walk every day with a little jogging up the steep inclines. This diet is also recommended by Dr Dean Ornish who claims this vegan diet reverses heart problems. I can believe it. My cholesterol was around 200 and is now 132. It takes a couple of weeks to get over those bad food cravings-it is certainly worth it. Dr Barnard also has a book to help you get over your food cravings which I highly recommend. If you don't like to exercise, you can still lose on average, a pound a week. With all the excess energy this vegan food generates, it's hard not to keep moving. I would also recommend reading The China Study by T. Colin Campbell. It will open your eyes to what the billion dollar Meat & Dairy Food Industries are doing to convince you how "healthy" their foods are-scary!

Sonia Crites says

Highly Informational

I'm glad I decided to read this. I feel like it's helped me better understand diabetes. It's well written full of information but not too scientific. The diet sounds like something I could possibly do and several of the recipes at the end sound really good.

Steve says

I don't have diabetes. I won this book as part of a package in a fund raising auction.

I found it to be very interesting.

One current theory for the genesis of food allergies is that "leaky guts", porous intestines leak out proteins from our food before those proteins have been broken down into amino acids. These proteins then get out

into the blood where the immune system is alerted to them, thus triggering an autoimmune response.

Infants, whose digestive systems are not fully matured, are predisposed to having leaky intestines. They are vulnerable to developing food allergies if they are fed highly allergenic foods too early (dairy products, soy, wheat, citrus, meat etc). The proteins leak into their blood stream and their immune systems are inadvertently trained to see these proteins as hazards.

Type 1 diabetes is believed to happen, in part, when the immune system mistakenly attacks and destroys the insulin producing cells of the pancreas (pages 30 - 35). The book describes several studies of children predisposed to type 1 diabetes or children who were on their way to getting it. It turned out that these children's immune systems were "on alert" to attacking proteins found in bovine milk. It has been discovered that portions of those bovine milk proteins were nearly biochemically identical to the children's insulin producing cells.

Wow.

Dr. Barnard's dietary program for type 2 diabetes has been tested in several studies in partnership with the National Institute Of Health. In a nutshell, he prescribes eating low fat (only 20% of calories from fat, preferably 10%), high fiber, low glycemic index valued, and vegan foods. That is, each bit of food that a recovering diabetic eats has all of these qualities.

The really interesting part is where the book explains why this works. Too much fat accumulating on the inside of cells causes the mitochondria in those cells to stop burning such fat, which leads to insulin resistance. Though a person's pancreas might be kicking out enough insulin, the insulin no longer has any effect on the cells. The cells will not absorb glucose from the blood stream leading to toxic levels of sugar in the blood.

The diet described above has been proven to reduce the amount of fat within cells, restart the burning of this fat by the mitochondria, reverse insulin resistance, and lower blood sugar levels -- without drugs.

Again, wow.

Weight control is an important part of treating diabetes and this book has a lot of interesting facts about losing weight from the studies of Dr. Barbara Rolls who wrote the book "Volumetrics". Unlike the various quack popular diet book authors out there Dr. Rolls is a highly respected scientist who has been researching how to satisfy hunger with fewer calories.

One thing she learned is that for each 14 gram increase of fiber in a diet (via food, not supplements) people will eat until they are full, but they will feel full on 200 fewer calories.
200 fewer calories per day is enough to lose 20 pounds over the course of a year.

Her theory is that weight in the stomach triggers satiation.

Interestingly, her studies found that not any weight will set this response off. Having study participants drink a particular weight of water did nothing for triggering early satiation. However taking in the same weight composed of water and food (stew) did.

Dr. Rolls recommends eating foods that have natural "bulk" - a lot of water and a lot of fiber together naturally. To encourage weight loss she advises eating food that has the more weight per a particular amount of calories.

A neat trick offered by the book is to focus on eating foods that have an equal number of calories as grams of

weight...or less.

Another simple weight loss trick offered by Dr. Barnard is to do a "quick fiber check" when your weight loss seems to be slowing down. He has a set value of points for servings of legumes, vegetables, fruit, and whole grains. You count the number of servings of each you have every day. If your points add up to less than 40 and you want more weight loss you eat more food from those groups of foods.

The book also gave a very clear introduction to the disease of diabetes in accessible, but not dumbed down language that I found fascinating.

Lindsey says

Thank you, Dr. Barnard, for explaining how intracellular lipids seem to be the cause of Type II diabetes. It's always great to come away from a book feeling more empowered. Since I have a rational reason for eating lower fat now, it's much easier to stick with. I don't have diabetes, but I'm on the road to it (I have insulin resistance despite eating what I thought was a decent plant-based diet for 6 years: plenty of beans, whole grains, avoiding ALL added sweeteners both in my cooking and in packaged food, avoiding high-glycemic foods).

This book led me down the road to a lot of interesting perspectives. From what I've learned, diabetics are mostly running off of fat, since their carbohydrate metabolism is defective. This can be reversed or helped by upping the carbs (including sugar) and cutting out the large majority of fat. Running off carbs is a much more desirable state to be in. There have been experiments done in the past with diabetics before the idea of insulin treatments were around. One French doctor gave his patients 8 oz. sugar per day, and their condition got better. I've also read of the rice diet done at Duke University decades ago where people were cured from all sorts of metabolic ailments by consuming just white rice, fruit, and fruit juice (I believe that was it - probably had some vitamin pill as well). So these things plus much more have led me to experiment on myself. As long as I don't eat sugar and fat together (like what most desserts and candies are), I feel great after having high sugar foods (tropical fruits, 100% juice, fruit with added sweetener, dried fruits, sweet rice breakfast cereal, etc.). I'm going to keep this self-experimentation up and see where it gets me. I'm certainly not getting any worse, even after consuming those dietary "devils" sugar and fruit juice *gasp*!

Another huge lifestyle change I've made is drastically reducing sitting time. This can greatly improve insulin sensitivity. I've also started strength training, since I know that working your muscles also helps with this. This is one thing missing from Dr. Barnard's book. Diet will give you great results, but diet + a change in sitting habits will do even more. From what I've read and observed in myself, reducing sitting is far more important than getting on an intense exercise regime and then sitting the rest of the time.

Joey says

Great information, lots of good, easy to understand science. Really did clear up so many questions I had about Diabetes. Just not enough here to be a whole book. Like Dr. Esselstyn's book on reversing heart disease, this is about 40 - 50 pages of great content, repeated a couple of times. I feel like it would have made a great pamphlet. Also, again like Esselstyn's book, I feel like these Doctor's are overreaching with their recipes. I called Esselstyn's recipes the red onion cookbook (there was hardly a recipe without them), this one I would call the highly processed cook book. Barnard's recipes, in my opinion, seemed to rely heavily on

heavily processed vegan faux food made to substitute for meat and dairy. In Barnard's defense, these are more than likely what new vegans need. For someone just wanting to understand the science and peruse some quality plant based recipes, not as beneficial. Worth a read for its clear understanding of diabetes, just don't expect to be enraptured.
