

The End of Diabetes: The Eat to Live Plan to Prevent and Reverse Diabetes

By Joel Fuhrman

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The *New York Times* bestselling author of *Eat to Live* and *Super Immunity* and one of the country's leading experts on preventive medicine offers a scientifically proven, practical program to prevent and reverse diabetes—without drugs.

At last, a breakthrough program to combat the rising diabetes epidemic and help millions of diabetics, as well as those suffering with high blood pressure and heart disease. Joel Fuhrman, M.D. Research director of the Nutritional Research Foundation, shows you how to live a long, healthy, and happy life—disease free. He offers a complete health transformation, starting with a diet with a high nutrient-per-calorie ratio that can be adapted for individual needs.

Dr. Fuhrman makes clear that we don't have to "control" diabetes. Patients can choose to follow better nutritional guidelines that will control it for them, even before they have lost excess weight. The end result is a medical breakthrough—a comprehensive reversal of the disease.?

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