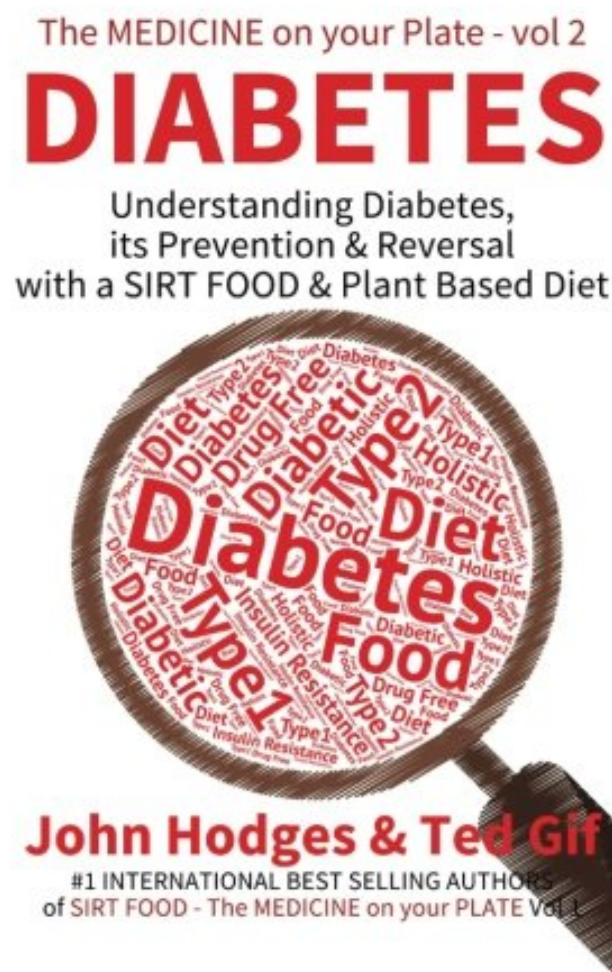


(Download pdf) Diabetes: Understanding Diabetes, Prevention Reversal with a SIRT FOOD Plant Based Diet (The Medicine on your Plate) (Volume 2)

## **Diabetes: Understanding Diabetes, Prevention Reversal with a SIRT FOOD Plant Based Diet (The Medicine on your Plate) (Volume 2)**

*John Hodges, Ted Gif*

*\*Download PDF | ePub | DOC | audiobook | ebooks*



[Download](#)

[Read Online](#)

#4090310 in Books 2015-06-13Original language:EnglishPDF # 1 9.00 x .13 x 6.00l, .19 #File Name: 152325152256 pages | File size: 17.Mb

**John Hodges, Ted Gif : Diabetes: Understanding Diabetes, Prevention Reversal with a SIRT FOOD Plant Based Diet (The Medicine on your Plate) (Volume 2)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Diabetes: Understanding Diabetes, Prevention Reversal with a SIRT FOOD Plant

Based Diet (The Medicine on your Plate) (Volume 2):

3 of 3 people found the following review helpful. This is a great book to read especially if you are prone to ...By JOHNNY DRESDON This is a great book to read especially if you are prone to having Diabetes (family history); poor eating habit and sedentary lifestyle. At first I thought this is about healthy recipes to combat Diabetes but it actually a book that will teach you about Diabetes and how it busted off several myths existing with the foregoing disease. It is essential for everyone to take time to read a book such as this to open our minds that it is not just those with family history that needs to take extra care or our health. Despite some typographical or grammatical errors here and there (minor), the writing style is easy to understand and it doesn't require to have a medical background to understand Diabetes. There is differentiation among the food group of what is healthy and what isn't which is really helpful. For example, choose 100% fruit juice over fruit punch. We have so many processed food everywhere and it is our responsibility to be mindful of what we eat, and not just eat. This book is a great resource to combat DIABETES head on!

1 of 1 people found the following review helpful. Great Resource to Prevent or Reverse Type II Diabetes !!By Lauren A. Ebbecke This is an excellent resource for anyone over weight, borderline diabetes or with Type II diabetes. As John Hodges and Ted Gif point out, over 90% of these cases are preventable! I am very familiar with Diabetes as it is in my family. My niece died at an early age (in her 30's) of complications from Type I diabetes (autoimmune form). This could have been prevented had she followed the advice of these authors by following a healthy diet and drinking far less alcohol. Back then I knew that if she had followed a healthy lifestyle and taken care of herself she would still be alive today. My older sister had uterine cancer (now in remission) and she now has type II diabetes. Again an unhealthy lifestyle has led to her illnesses. The authors do an amazing job of explaining glycogenesis, Ketoacidosis, and the role of hormones such as leptin and glucagon in blood glucose levels. People inherit the number of fat cells from their parents, however, weight gain in adulthood is mainly due to adipocyte size meaning our lifestyle and how much we eat. 90% of us can control our weight gain!

I listened to the Audiobook which was fabulous. Narrator R. Paul Matty's tone, pace, pitch, and enthusiasm keeps the listener interested throughout the entire book. This is extremely tough to do when dealing with complex biological processes. His voice is easy to listen to and he emphasizes certain parts while changing his tone at the right places as if he wrote the book. It is obvious he has a grasp of the material and believes in it. I wish all of my professors had lectured like him!

The authors talk about keeping a food diet and eating healthy alternatives such as raisins and nuts instead of chips or chocolate. They discuss complex carbohydrates such as whole grains and spelt flour. While "no one size fits all", by eating healthy, eliminating or moderating animal products and following a healthy diet with lots of veggies and fruits people can live a healthy and vibrant life! I highly recommend getting the book and adopting the healthy lifestyle behaviors!

Awesome resource for anyone wanting to live a better life!!

1 of 1 people found the following review helpful. Good book to readBy Martin Very informative with good details on what is diabetes and how to manage it. I would read this book again.

+ FREE SIRT FOOD Healthy Eating Recipe PDF Book This book explains the current understanding and problems facing people living with DIABETES Type 1 Type 2 WE EXPLAIN: The significant differences between Type 1 Type 2 WHAT YOU CAN DO: To prevent, control and even reverse Type 2 Diabetes ADVISE ON: The foods to avoid and the foods you need to consume and more importantly WHY. WE OFFER YOU: The evidence testimonials of how a SIRT FOOD PLANT BASED DIET can PREVENT, CONTROL REVERSE Type 2 Diabetes. DO YOU WANT: To be in control of your illness instead of your illness controlling you? To live without terrible, controlling symptoms and to finally reduce / get rid of your medicine? Start being in CONTROL of your LIFE and ILLNESS with an easy transition of DIET? YES, Diabetes CAN be CONTROLLED with DIET. BUY NOW and start a new life in CONTROL of your DIABETES