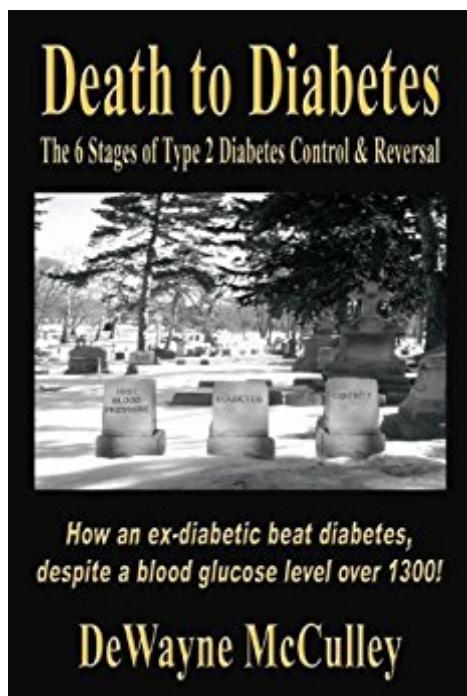


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# Death To Diabetes -- The 6 Stages Of Type 2 Diabetes Control & Reversal



## Synopsis

This book explains the major root causes of Type 2 diabetes and how to properly control and reverse the disease naturally without the need for drugs. This is based on an easy-to-follow, systematic 6-stage/10-step process, 200 clinical studies/medical references, and the experience of an ex-diabetic engineer. This book will help you learn how to: lower your blood glucose without drugs, using 5 key nutrients; Avoid the 7 most common mistakes that diabetics make; Save time and money in preparing nutritious meals that lower glucose levels; Enjoy exercise in less time while increasing glucose uptake and energy level; Use your blood glucose test results to reduce your insulin resistance; Enjoy your favorite foods without increasing your glucose level; Select quality nutritional supplements based on 7 key criteria; Use the wellness protocols to prevent, control or reverse problems with the eyes, kidneys, nerves, and heart; and, lower blood pressure, cholesterol, and homocysteine; Control appetite and eliminate food cravings; Burn fat and lose belly fat; Use your inner spirit to reduce your stress and improve your physical and mental health; and, Work with your doctor to safely wean yourself off the drugs. In addition, this book defines the 5 super foods, the 5 "dead" foods, a Super Meal Model and the 8 wellness factors -- all designed to work synergistically to reduce insulin resistance, increase glucose uptake, burn fat, and repair the cells damaged by the diabetes.

## Book Information

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## **Customer Reviews**

Death to Diabetes is one of those books that can help you whether you have diabetes or not. It is filled with information about nutrition and how various foods, vitamins, and minerals affect the way that your body works. The meal plan is a good one. Basically, it is an anti-inflammatory eating plan. DeWayne McCulley has invested a lot of time into finding research and data to support the ideas that he puts forth in his book. I will be honest with you, I didn't believe that it would work. I actually made fun of the commercials. Then, a man in a forum that I visit said that his wife put him on the eating plan. He lost weight and in less than two months had cut his diabetes medication in half. I was intrigued and tried the plan. It worked. I felt better, and I lost weight. My joints didn't hurt as much. When I went to the doctor for my annual blood work, I had better results than I had in years! It was amazing! I bought this book in both paperback and Kindle formats. That is how much I like it. I highly recommend it to people with diabetes and folks who just want to help their body work better. It is a winner!

I just bought my second edition of Mr. McCulley's book, I have recommended this book to everyone I know who has struggled with high sugar issues. I have followed this program for about 6 or 7 months and all my blood work has come back normal with no Meds, when prior to getting this invaluable information my blood work was abnormal down the line. This book was easy to understand and instead of just giving new prescriptions I learned what was really happening in my body and how to correct it. I recently spoke with Mr. McCulley and he spent over and hour and a half explaining to me different techniques and ideas how to handle BG's and stress and he even looked up a smoothie drink I had been drinking and took out the time to break down what the ingredients really were and meant. He even had his staff to follow up with me with even more information. I can't tell you how Blessed I am to have found Death to Diabetes I would recommend this book for all types of health BP, High BG, Wellness, etc.. Thanks a Bunch Mr. McCulley.Pastor Davit

Well, guess I'll add my 2 cents worth. I followed Mr. McCulley's advice, starting last year (1/15/2009) and (thank God) within a month I was off ALL medications. I continued the diet...lots of broccoli,

green beans, brussel sprouts, onion, radishes, colorful peppers, wild caught fish, apples...wholefoods, etc. etc...and added Alive Wholefood Vitamins (3-4 per day)...for the whole 18 months, as that is how long he said it took to rebuild all your cells. I cut out breads, rice, potatoes, sugar-sweets, processed foods, artifical junk, fried foods, milk, soft drinks, coffee, etc...basically, I went through a detox period (20-30 days) that wasn't fun, but I have had no problems sticking to the diet, there is so many good (live) foods to eat and ways to prepare them. My BG went from 364 to the 80's & 90's in about 2 months, and, today, they remain there whenever I take my BG reading 2 hours after eating. When exercising, I've had my BG as low as 68, but usually 74-85 is normal after exercising. I feel 100% better on this diet (life style) than ever before. I've lost around 70 lbs to boot. Well, I've also read "Eat to Live" and "Fasting and Eating for Health" by Joel Fuhrman and those are also excellent books...I refer to all three books when talking to people who want advice on health matters. But when it come to diabetes "Death to Diabetes" tops the list. After a little over a year I started adding back into my diet a little brown rice, sweet potatoes with cinnamon, bannanas, all kinds of berries (blueberries are my favorite), and instant decaf coffee. I'm really enjoying my new life style (beats the SAD life style). I wish all you type-2 diabetics good health through this book and God bless.

Thanksgiving 2007 a family member tested my blood sugar. My number was 417. I immediately bought a meter, started reading everything I could find on the subject, and purchased a dozen books on diabetes. I also bought an enormous supply of test strips from eBay (about 2000 strips - I still have a some that I still use from that purchase).I also scheduled an appointment for blood tests and ended up clashing with my Dr who wanted me to take drugs immediately while unable to answer my scientific questions to my own satisfaction (I'm a Systems Engineer like the author of this book). I did get my blood test results - fine. Though my A1C was 10.7 and I got a few letters saying I would die if I didn't start taking the medication. But by then I was already improving via some of my own testing and early results of dietary improvement. As my reading progressed and this book arrived - it was FAR BETTER than ALL the rest. It immediatly provided a food-chart that provided sound guidance. Also the approach of the author resonated with my own approach.I used an Atkins-like diet for 3 months and my blood suggar reduced to below 150 within 3 months. By then I also knew what foods caused challenges. But I was also consuming over 5000 calories / day and was 220 lbs (lost 20 lbs during that 3 months too - even with 5000 calories/day).Then I went further following the dietary guidance of this book for nutritian - while testing results, and looking up the calories of anything I considered eating. There were some big surprises - like OJ is sugary, etc. My

"calories awareness" implementation of DeWayne McCulty's book - was a gradual reduction choice by choice. That worked too. Within another 6 months I had lost 60 lbs. Now its 3 years later - I do eat carbs and stuff like that now that I'm fully recovered. I back to a VERY NORMAL though HEALTHY diet. I am aware of calories and intentionally aim for about 2500/day - to keep my weight at 170 lbs - and also pay attention to nutrition - so that I don't make the 2500/day all bad stuff. I have gone lower than 170 (at 5'8") which isn't as healthy feeling because then I'm not as comfortable with skipping meals (experienced that sense at 160 lbs). All that said, the author of this book ENGINEERED his way to perfect health - and following my own approach which I based upon his I've also been successful. Its been 3 years. My blood pressure also became normal - and that was from the weight loss and better nutrition (it averaged 154/91 before, and 115/70 now). I noticed there are a few more products from this author now then there were 3 years ago... I especially liked the live/dead foods chart which I taped on the inside of one of the kitchen cabinets. My blood-sugar now averages 100, and my BP 115/70. I feel fit and I sincerely thank you DeWayne McCulley (Systems Engineer!).

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