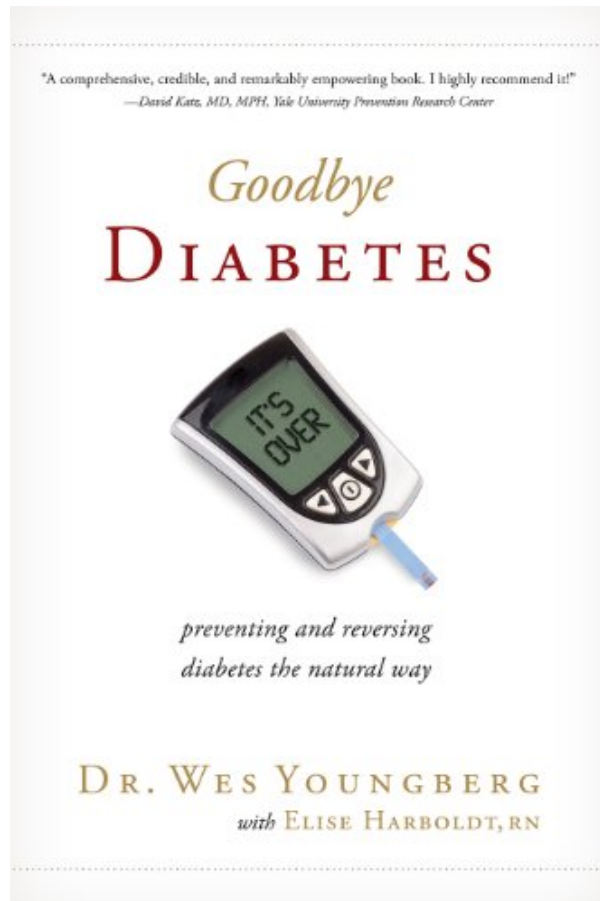


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- 332 pages

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Interesting!

By L. Caza

I got GOODBYE DIABETES because the author and writer are family members of a good friend of mine. I wasn't looking for a book on diabetes, but this book is well written and very interesting! I have seen diabetes reversed twice and know that it can be done. Everyone should read this book because diabetes is the cause of a host of other health problems. If you need recipes or cookbook suggestions I can suggest some that are in line with the principles of this book. Excellent book!

14 of 15 people found the following review helpful.

Incredible!

By Mamas

This book and its author must have been inspired by God. What I learned in this book I hadn't learned in the ten years of being diagnosed with diabetes. Long story short, my diabetes reading went from 320 (I tested this morning) to 128, five days after reading this book! Thank God!! I've been more energized, active, and feeling so much better. If you do as told in the book I truly believe your diabetes can be reversed as it says. I couldn't put the book down.

11 of 12 people found the following review helpful.

Goodbye Diabetes is a MUST for every Diabetic--AND the rest of us Too!

By Dr. Roy E. Vartabedian

Every diabetic needs to read this book from cover to cover! If you are not diabetic, you may have prediabetes--and not know it (as of 2006 40% in U.S. over 20 had diabetes or prediabetes and 75% of those 75 or older!), you need to read this book. If you are not prediabetic and live the American lifestyle--you also need to read this book, because you are most likely on your way to becoming a prediabetic. This book is "cutting edge" to say the least and includes much information you have never heard before about diabetes, how to measure your body's response to carbohydrate intake, and how to use "lifestyle medicine" to prevent and reverse diabetes. Dr. Youngberg is so comprehensive in this book, I was astounded. If you like a scientific approach (there must be over 500 study references in the Endnotes) presented in an easy to understand manner, this book is for you. Lots of practical case studies are given from his clinic in California.

The book is beautiful, high quality, well written and edited, and I will be gifting it to family and friends. I recommend it highly!

Dr. Roy E. Vartabedian
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