

The book was found

Thin Diabetes, Fat Diabetes: Prevent Type 1, Cure Type 2



Synopsis

French people use the term thin diabetes (*diab te maigre*) to refer to type 1 diabetes: the severe, incurable form of diabetes mellitus that tends to strike children. French people use the term fat diabetes (*diab te gras*) to refer to type 2 diabetes: the milder, reversible form of diabetes mellitus that occurs in overweight people. In this fascinating book, Laurie Endicott Thomas provides clear and often surprising explanations of why people get diabetes, and what they can do about it. Diabetes does not result from eating too much sugar and starch. Type 2 diabetes results from eating too much fat, and type 1 diabetes results from a problem in the immune system. Type 2 diabetes is not really a disease. It is a defense mechanism. If you have type 2 diabetes, you are a naturally thin person, and your body is willing to sacrifice everything to keep you from gaining even more weight from a diet that is too rich in fat. The solution to this problem is to a low-fat vegan (purely plant-based) diet. Such a diet reverses type 2 diabetes and helps to improve the health of people with type 1 diabetes. If an entire family adopts this diet for the benefit of a diabetic family member, everyone will benefit! This book explains how to use food to fight diabetes. It even includes meal planning tips and quick and easy recipes.

Book Information

File Size: 5750 KB

Print Length: 244 pages

Publisher: Kermit Press; 1 edition (November 28, 2015)

Publication Date: November 28, 2015

Sold by:  Digital Services LLC

Language: English

ASIN: B018PEKFMA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #937,876 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #122

in  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > Type 2 #619

in  Kindle Store > Kindle eBooks > Medical eBooks > Diseases > Diabetes #622 in  Kindle Store

> Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes

Customer Reviews

The science, as Laurie explains it, is clear: Good food is good medicine. Bad food is poison. The history she brings up makes it painfully clear how ridiculous some patients (and their doctors) can be when they claim "sticking to a diet is just too hard!" • But the diet that Laurie talks about allows you to eat as much as you want, as long as you eat low-fat, plant-based foods, including potatoes. I never knew that less than 100 years ago, people used to have to put diabetic children on a starvation diet. Imagine?! This was the only way to prevent sure and immediate death. Some died of malnutrition; yet cutting off food prolonged their lives for a year or so. For others, this extra time allowed them to survive until insulin was discovered. As Laurie points out, "it's no fun being a human pin cushion"; but no one would argue that it beats the heck out of starvation. We are so fortunate to have life-saving medicine, such as insulin for people with type 1 diabetes. However, we shouldn't rely on pills as to counteract the poison we constantly and willingly consume. In her excellent book, Laurie explains how simply swapping out bacon and eggs for oatmeal and bananas can restore the health and lengthen the lifespan of a person with type 2 diabetes and other ailments directly related to the fat-rich, meat-based American diet.

[Download to continue reading...](#)

TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan,Diabetes ... Diabetes,Type 2 Diabetes Diet Book Book 1) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) Thin Diabetes, Fat Diabetes: Prevent Type 1, Cure Type 2 Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes

Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure)
Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Reverse Diabetes With Proven Step By Step Methods And Superior Strategies (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes) Diabetes Diet - Ultimate Step-by-Step Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Diabetes: Diabetes Prevention And Symptoms Reversing, Guide To Diabetes Diet, Nutrition Tips, The "Cure" For Diabetes Type 2 (Diabetes Diet Cookbook And ... Dummies, Reverse Diabetes Without Drugs 1) Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure,Fatty Liver diet,Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing Diabetes) Blood Sugar Solution and Cure Diabetes - How to reverse diabetes, lose weight quickly and Lower Blood Sugar. Type 2 Diabetes diet, Insulin Resistance diet and Diabetes Cure for Healthy Living Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) The Type 2 Diabetes Cure: How To Naturally Prevent & Reverse Type 2 Diabetes (Carb, Diabetic Diet Plan, Best Foods, Blood Sugar, End, Recipes) (The Doctor's Smarter Self Healing Series)

[Dmca](#)