



Summary of the End of Diabetes: By Joel Fuhrman - Includes Analysis

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Preview

First published in 2012, *The End of Diabetes: The Eat to Live Plan to Prevent and Reverse Diabetes* is an argument for diabetics and health care professionals to change their perspective on conventional treatments of diabetes to instead prioritize healthy diet and lifestyle changes for improved outcomes. By following the practical steps and the meal plan recipes that author Joel Fuhrman describes, type 1 diabetics can reduce their insulin dependence and type 2 diabetics can defeat their disease altogether, ending their reliance on insulin and other medications entirely.

Every year, the population of diabetics in the United States grows. In large part, this concerning and costly trend can be prevented and even reversed. By 2012, approximately 90 percent of American diabetics had type 2 diabetes, the form of the illness that is almost universally brought on by obesity and poor nutrition. For Americans who have yet to develop type 2 diabetes...

PLEASE NOTE: This is *key takeaways and analysis* of the book and NOT the original book.

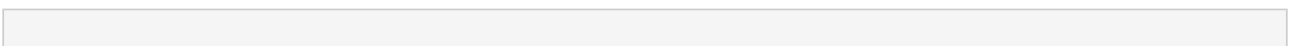
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- Overview of the Book
- Important People
- Key Takeaways
- Analysis of Key Takeaways

About the Author

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