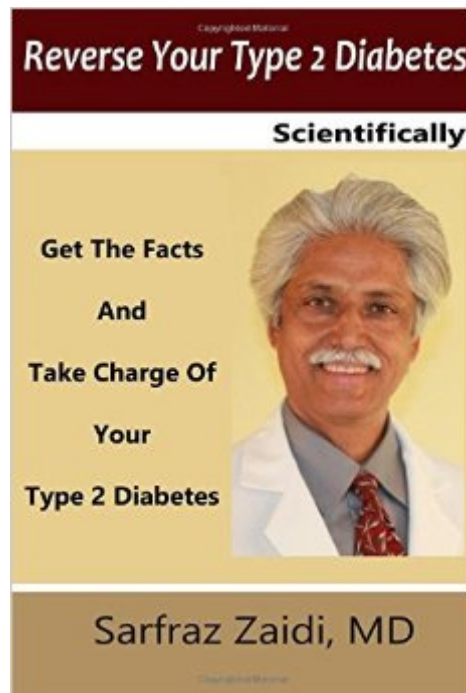


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# Reverse Your Type 2 Diabetes Scientifically: Get The Facts And Take Charge Of Your Type 2 Diabetes



## Synopsis

There is a common misconception among patients as well as physicians that treating Type 2 diabetes means controlling your blood sugar by any means. This approach is dangerously flawed. The fact is that Type 2 diabetes is a complex disease process. If not managed properly, it often leads to a number of horrendous complications. Sometimes, medications can cause more harm than good. In "Reverse Your Type 2 Diabetes Scientifically," Dr. Sarfraz Zaidi, MD explains the root cause of Type 2 diabetes. Then, he showcases his unique 5-step approach to manage this disease at its roots. Over the last fifteen years, Dr. Zaidi has employed this groundbreaking approach to help thousands of Type 2 diabetic patients. He includes actual case studies from his clinical practice to illustrate how his 5-step approach can reverse Type 2 diabetes as well as its complications. Dr. Zaidi's unique 5-step approach consists of: 1. A simple, yet profound approach to Stress Management, based on his personal awakening. 2. A revolutionary, scientific approach to diet. You may be surprised to learn that calorie-based dietary recommendations are actually not very scientific. His diet is based on actual food items you buy in the grocery store or farmers market. He includes 75 of his own recipes. He also gives you a practical guide to eating at home or eating out at various ethnic restaurants. 3. A new, scientific approach to exercise. You may be surprised to learn that too much exercise can actually be quite harmful. 4. An in-depth, scientific description of vitamins, minerals and herbs that are valuable in managing Type 2 diabetes. 5. Prescription medications, when necessary. A comprehensive description about: How various medications work, what are the advantages, disadvantages and side-effects of each drug.

## Book Information

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## Customer Reviews

I am fortunate in that Dr Zaidi is my personal physician for my type 2 diabetes. I can state without hesitation, that this book has helped me control my diabetes and feel in control. He approaches this treatment from every angle: medications, diet, vitamin supplementation, exercise and stress control. What the book does not tell the reader is Dr Zaidi's complete understanding of the subject and utmost concern for the health of his patients, whether they be in his office or hundreds of miles away following the advice in his books. I simply cannot say enough about this man, he is a doctor of great passion and compassion. Dr Zaidi cares about the entire person, not just the disease. Any concern of mine is of concern to him. Every visit to his office is one of complete trust and relaxation. I trust him with my life, literally.

Very informative. I am a Type II Diabetic, and became very frustrated with the roller coaster numbers game as goes my blood sugar. After reading a considerable amount of information, I wasn't satisfied. I remembered that decades earlier, a gentleman that I worked with announced that he and his wife had 'cured' his diabetes through his diet. So, I set out to find a book that looks at diabetes from a 'Scientific' perspective. I was thrilled to receive Dr. Zaidi's book. It contains a series of case studies from Dr. Zaidi's medical practice, and goes into great detail about the root cause of Type II Diabetes, and his treatment practices and successes from that perspective (which I've never read addressed before). I now understand why my fasting blood sugar is higher in the morning (even though I didn't consume any sugar the evening before). I have a better understanding of which diabetes medications do what, and their side effects; the importance of supplements, and fiber, and I now have a new perspective on foods, and which ones do what, and are best for me. I now know the best amount of time to test my after-meal blood sugar level, and I feel more in control because I have meaningful information and explanations. Since I've begun to incorporate some of Dr. Zaidi's tips (his 'Five Steps'), into my daily lifestyle, I've lowered, and hope to continue lowering my blood sugar level (with the eventual reversal of the dis-ease as my ultimate goal); and I can't wait for my next visit to my own physician, so we can talk about Dr. Zaidi's approach, along with my physician's recommendations, and importantly, for the first time since my diagnosis, I feel like a partner in my own health care regimen. I will be purchasing a copy of this book for my children (just so they'll know).

Folks, read all you can about diabetes. Sleep Apnea and Diabetes go hand in hand. Get it down asap through leafy veggies and fish. Understand the metabolism of diabetes and how fat is stored. But important is glaucoma which is pushed along by diabetes and sleep apnea. Don't go blind.

This book was very helpful, great recipes and it did help me lose weight the right way, and when I had my blood test done my counts were where they were suppose to be, Thank you Dr,Zaidi.

Lot of thinking has gone into this book and any one with diabetes or a friend/family member with diabetes can derive value from this book. The writing is direct and to the point. It imparts you the underlying knowledge that one would need to deal with type 2 diabetes in a disarmingly simple manner. The author asks provocative questions that can get one started on a journey to go beyond to live a balanced life. In the day of super specializations, Dr. Zaidi, himself a highly qualified super specialist endocrinologist, takes a macroscopic (big picture) view of life and seems to have thought long and hard, worked as a practitioner and synthesized his thoughts and penned this book. Very refreshing indeed. Now anyone can benefit from the book from a simple how to deal with your own Type 2 Diabetes to getting at the root cause for managing life. While there are lot of wonderful recipes for healthy diet in the book that one can enjoy, the core preposition of this book could enable you to do away with recipes for managing your diabetes and can help you be supportive of folks who have diabetes around you.

This book provides sufficient detail to understand how diabetes affects so many bodily systems as well as positive actions to reduce high blood sugar through a change in diet, exercise and stress reduction. It was also interesting in learning how different cultures around the world had developed means of addressing high blood sugar through herbs and plants. The many examples of different types of foods available that do not result in increasing blood sugar levels is very much appreciated and gives one hope. I wish this book had been available ten years ago. I would strongly recommend it to anyone diagnosed to have diabetes.

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