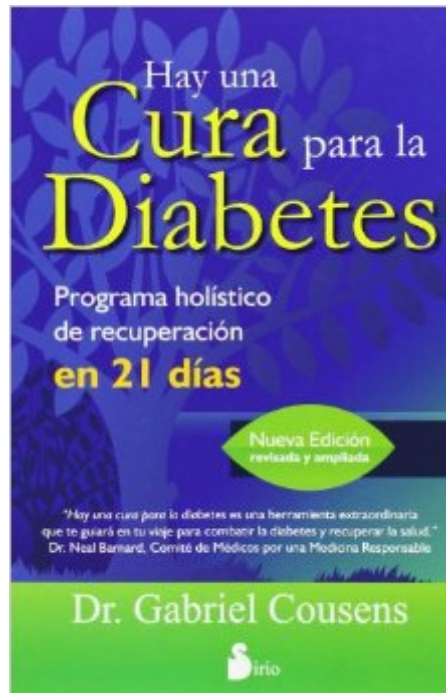


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Hay Una Cura Para La Diabetes (Spanish Edition)



Synopsis

Esta nueva version de Hay una cura para la diabetes nos ofrece un enfoque innovador sobre la prevencion y la cura de lo que el doctor Gabriel Cousens denomina «sindrome degenerativo de diabetes cronica». El autor expone los peligros del exceso de glucosa y de fructosa, que son la clave de la epidemia que afecta a casi trescientos cincuenta millones de personas. El programa de recuperacion de la diabetes del doctor Cousens es el mas exitoso que existe actualmente en el mundo. En este libro nos presenta su plan de tres semanas basado en una alimentacion integral, con un indice entre moderado y bajo de carbohidratos de origen exclusivamente vegetal, la cual revierte la diabetes y recupera la salud fisiologica y el bienestar, restableciendo el ADN de la persona. Este programa hace que la insulina sea innecesaria a partir del cuarto dia, al volver a la normalidad los niveles de azucar, lograndose en dos semanas una fisiologia no diabetica. Esta version del libro, ampliamente revisada y aumentada, nos revela tambien los riesgos de una dieta excesivamente baja en colesterol y omega-3, e incluye mas de 140 deliciosas recetas. / This new edition offers an innovative approach to the prevention and healing of what Dr. Gabriel Cousens calls chronic diabetes degenerative syndrome. Dr. Cousens exposes the dangers of excess glucose and fructose as the key causes of this seemingly unstoppable epidemic that affects more than twenty-five million Americans and 347 million people worldwide.

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Customer Reviews

hello I recommend this book because of what he says is true today I had my medical appointment

which was already diagnosed with diabetes at A1C level was 6.9% need to start doing what mentions this book and if I could have some very good results which I also toward home test measure my glucose and took in a record and if it seems if there clear positive numbers in my case was a little better, because I was just starting but actually I invite you to read it and take the challenge to change their lives with food, clear all that is required to have perseverance, dedication and effort, I mention that I want to eat what step I was really hurting. but today exceed this morning was my medical check and my A1C = 5.1% fence being diagnosed with diabetes and I'm not on the list. I could not say no but it served it'll be me and learned from the mistakes of my bad habits. I hope you read this book and thanks to God for life and that gave me a chance and I will take.hola recomiendo este libro por que parte de lo que dice es verdad hoy me tuve mi cita medica el cual ya estaba diagnosticado con diabetes en la escala A1C era de 6.9% empeze hacer lo que menciona este libro y si podria tener unos resultados muy buenos de los cuales tambien me hacia la prueba casera de medirme la glucosa y lo llevo en un record y si al parecer si ahi numeros positivos claro en mi caso fue un poco mejor, por que apenas estaba empezando pero en realidad los invito a que lo lean y que tomen el reto de cambiar sus vidas con la alimentacion, claro todo se requiere tener constancia, dedicacion y esfuerzo, lo comento por que me paso de querer comer lo realmente me estaba haciendo daÑ o. pero lo supere hoy en esta maÑ ana fue mi revision medica y mi A1C = 5.

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