



How to Prevent and Treat Diabetes with Natural Medicine

Michael Murray, Michael Lyons

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More are at risk for diabetes than ever before. But diabetes is not inevitable. And for those who already have it, it may be reversible.

Now, two leading natural medicine and diabetes experts-Drs. Michael T. Murray (author of **How to Prevent and Treat Cancer with Natural Medicine** and **Encyclopedia of Natural Medicine**) and Michael Lyons-offer a complete, individualized nutrition program, and proven exercise and lifestyle changes for preventing, treating, and even reversing diabetes. This unique book will help readers:

- Assess the risk of developing diabetes
- Learn how to prevent diabetes even if they have a family history of the disease
- Reduce or eliminate their dependency on medications
- Promote weight loss, normalize blood sugar levels, and eliminate complications
- Reverse diabetes, even if they currently take insulin

This book is essential for anyone who is overweight; has a family history of diabetes or a personal or family history of heart disease; has pre-diabetes, low blood sugar, or borderline high blood sugar; or lives a sedentary lifestyle. It's a vital tool for helping readers live a healthy and active life.

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