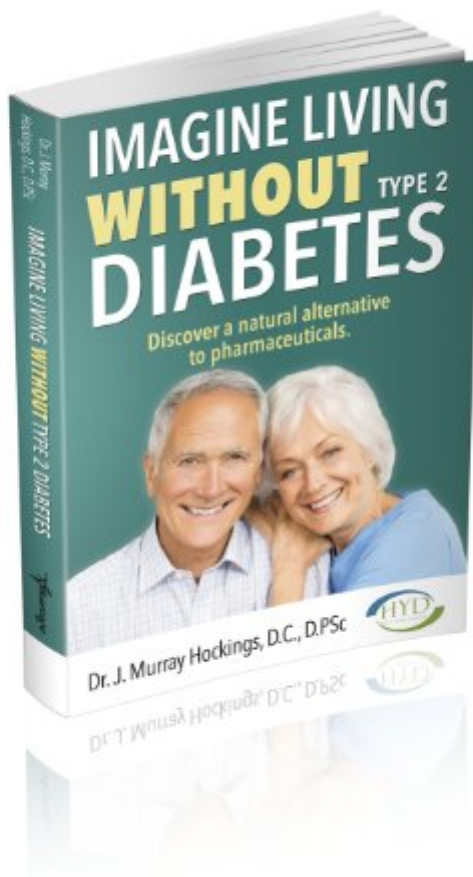


The book was found

Imagine Living Without Type 2 Diabetes



Synopsis

Type 2 Diabetes can be reversed. That is what this book is all about. Dr. Hockings explains how bad Type 2 Diabetes is and what you can do to start on the path of reversing it. Dr. Hockings is also the author of Send Your Doctor Packing... a hard hitting book that teaches you how to take care of yourself so you need your doctor less. His latest book Imagine Living Without Diabetes is another informative and direct look at our countries worst epidemic... Diabetes.

Book Information

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Customer Reviews

AVOID BUYING THIS NEARLY USELESS BOOK!!!(I bought this book after attending Dr. Hockings' lecture in Gainesville, FL, because I wanted more info about his program before committing \$4,000 to \$ 10,000 (depending on how many months needed to complete his Wellness Program). I hoped the book would be more specific about the various cleanses (liver, gut, and "body") he employed, because I know there is a lot of hype and misinformation about "cleansing" and about the various supplements used to achieve this cleanse. Also, more info about recommended diets and supplements would have made this book far more useful. But then we wouldn't need his

Program...Well, there is essentially NO INFORMATION about the methods used (of course not, they're proprietary and you cannot get the info without paying his exorbitant fees). The book is essentially one giant infomaercial about the evils of diabetes (there they go again, trying to hook us by instilling fear). Any diabetic should already know nearly all of the presented material. But, for example, there is no reason given for why you should avoid dairy products (which is somewhat controversial according to my literature review). The book is only 97 pages, in small format, and is very redundant. In short, this is just another promo book for an expensive program. I would recommend that you skip this book, but I also do recommend that you attend one of his lectures (check the website (<http://helpyourdiabetes.com/>) or call 1-800-321-9054 for more info. He did "scare me straight" and I have drastically modified my personal approach to my moderately severe diabetes, with encouraging early results, cutting my insulin dosage from nearly 100 U/day to less than 20.

This whole book is an advertisement for their program. I thought the book might tell you how to reverse your diabetes, or live with it in a healthier manner, but it doesn't. It just says we know how to do it, and if you want to do it, come complete our three week program. The program might be great, but I feel gyped that I bought a "book" that was an advertisement.

The author rants about the money making drug companies and doctors but then goes on to try and sell you his "fix" - supplements and telling us all things that we know already like eat fruit and vegs - stay away from sugar. I was disappointed.

Dr. Hocking explains in details on why Diabetes is harmful to your body and things that can be done to prevent the condition to get worse. It goes to the cause of the problem and how someone can stay off medication.

The Book in my opinion repeated itself too much, I think, just to add to the content. When it got to the actual nitty gritty part about what you should do to help your Diabetes it is exactly what you get taught if you do the 4 week diet course your doctor should send you to when your first confirmed as a Diabetic.

Do not waste your time purchasing this book.

A life saverlooking for a sponsor to promote a DB 2 cooking show "DB Cooker the Mad Diabetic Chef !!!!!

I bought it for my grandma

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