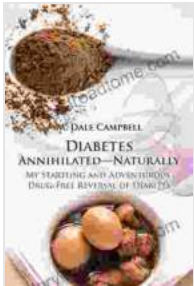


My Startling and Adventurous Drug-Free Reversal of Diabetes



Diabetes Annihilated—Naturally: My Startling and Adventurous Drug-Free Reversal of Diabetes

by M. Dale Campbell

★★★★☆ 4.1 out of 5

Language : English
File size : 1204 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 88 pages



I was diagnosed with type 2 diabetes in 2010. At the time, I was overweight and had a family history of the disease. My doctor told me that I would need to take medication for the rest of my life to control my blood sugar levels. I was devastated.

I didn't want to take medication. I knew that there had to be a better way to manage my diabetes. I started researching and found a book called "The Diabetes Code" by Dr. Jason Fung. Dr. Fung's book explained that diabetes is not a disease of high blood sugar, but rather a disease of insulin resistance. Insulin resistance is when the cells in your body do not respond to insulin properly, which causes blood sugar levels to rise.

Dr. Fung's book recommended a low-carb, high-fat diet as a way to reverse insulin resistance and type 2 diabetes. I was skeptical at first, but I decided to give it a try. I started eating a diet that was low in carbohydrates and high in healthy fats, such as olive oil, avocados, and nuts. I also started exercising regularly.

Within a few months, I started to see results. My blood sugar levels began to drop, and I started to lose weight. I felt better than I had in years. I was no longer tired all the time, and I had more energy. I was also able to stop taking all of my diabetes medication.

I have now been following a low-carb, high-fat diet for over 10 years, and my diabetes is completely reversed. I no longer have any symptoms of diabetes, and my blood sugar levels are normal. I am grateful for the day that I found Dr. Fung's book. It changed my life.

I know that reversing diabetes is not easy. It takes time, effort, and dedication. But it is possible. If you are struggling with diabetes, I encourage you to give a low-carb, high-fat diet a try. It could change your life.

My Adventure

In addition to changing my diet, I also decided to embark on an adventure to help me reverse my diabetes. I decided to walk across Spain, from the Pyrenees mountains to the Atlantic Ocean. I walked over 500 miles in 30 days, and it was one of the most challenging and rewarding experiences of my life.

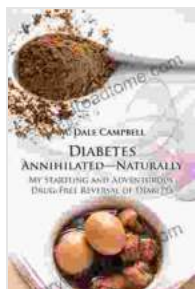
The walk was physically demanding, but it also gave me a lot of time to reflect on my life and my health. I learned a lot about myself and my diabetes. I also learned that anything is possible if you set your mind to it.

I hope that my story will inspire you to take control of your health and to never give up on your dreams.

Free Download Your Copy Today

My book, "My Startling and Adventurous Drug-Free Reversal of Diabetes," is now available on Our Book Library. In this book, I share my personal story of reversing my diabetes, as well as the tips and advice that I have learned along the way. I hope that my book will help you to take control of your health and to live a long and healthy life.

Free Download your copy today!



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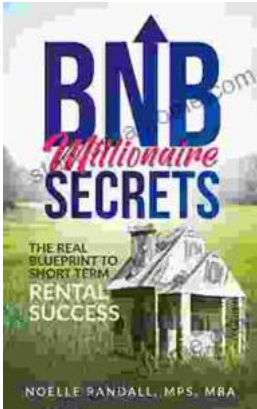
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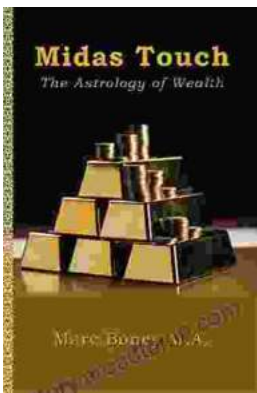
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