



# **Reverse Your Diabetes in 12 Weeks: The Scientifically Proven Program to Avoid, Control, and Turn Around Your Diabetes**

*George King, Royce Flippin*

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Imagine controlling—avoiding—reversing!—the “health hazard of the 21st century” (World Health Organization), the disease that afflicts more than 20 million Americans and is an imminent threat to an additional 80 million adults and children. That’s exactly the promise of *Reverse Your Diabetes in 12 Weeks* by Dr. George King, research director and chief science officer at Harvard’s Joslin Diabetes Center, the world’s largest and most respected diabetes research center, synonymous with revolutionizing the diagnosis, treatment, and prevention of diabetes.

Based on the most cutting-edge research—including the groundbreaking discovery of brown fat in adults and its role in burning calories and enhancing the effects of the body’s own insulin—*Reverse Your Diabetes in 12 Weeks* translates the latest findings into a plan that will let readers avoid, control, and even reverse type 2 diabetes. The program begins with losing weight—and shows why losing only 5% of body weight makes a life-changing difference. It explains how a good’s night sleep can significantly lower blood glucose levels (and why sleep deprivation works in reverse). It disentangles the carbohydrate confusion, reveals how to decrease the body’s inflammatory response, and explains the importance of moderate exercise. There are eight strategies in all—if you implement only one, your type 2 diabetes will improve. Pursue all eight of them, and you can stop type 2 diabetes in its tracks. You can even reverse it—effectively *resetting* your body’s glucose metabolism for a long, healthy life.

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