



The **End** of Diabetes

by *Dr. Joel Fuhrman, MD*

Yea - so many good suggestions to reverse or PREVENT diabetes. As you know diabetes is a threat to our nation's economy as well as a disaster for our health care system. Listening to Dr. Fuhrman on the Dr. Oz Show I was struck at the proximity to exactly what Suzanne Somers has been saying for over 15 years now.

Dr. Fuhrman talked about Toxic Hunger and how to stop it by eating MORE healthy foods and fewer non-foods. That is exactly what Suzanne has been saying over and over again. She got me to replace flour and sugar with LOTS of FRESH veggies, lean protein and to eat fruits BETWEEN meals.

Dr. Fuhrman is right GOOD HEALTHY FOOD taste better than the junk. That is exactly what I found to be ABSOLUTELY TRUE when I choose Suzanne's food plan. I was ecstatic to find I NO longer craved the pasta, cake, candy and donuts when I ate GOOD fats, lean protein and lots of veggies. Suzanne's recipes taught me I could eat lots of food, be full and, shed the unwanted pounds.

She taught me about food chemistry. I had never heard about not combining legumes (dry beans) with fat and protein. I had never heard not to eat fruits high in sugar with fats or protein. So simple yet so foreign to me, but it worked I shed 45 pounds in three months. And have kept it off because I learned a whole new way of eating healthy.

As Dr. Fuhrman says, "Use food as medicine" and you too can beat diabetes or better yet PREVENT IT. When I tell people I do NOT eat sugar or flour they ask if I am diabetic and I am not and I don't want to be and that is why I eat good fats, lean protein and lots of veggies and eat fruits only between meals, except for berries, which are low in sugar and HIGH in fiber.

Here are the **5 foods** Dr. Fuhrman says are a must to reverse or PREVENT diabetes.

Pomegranates
Cocoa Power
Adzuki Beans
All Squash
Raw Cashews

Here is his simple healthy salad dressing:

Orange and Cashew Dressing

2 oranges, peeled
½ C raw cashews
¼ C white wine vinegar
¼ C sesame seeds
a squeeze of fresh lemon juice

Place all in blender: liquefy and store in the fridge.