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Thin Diabetes, Fat Diabetes: Prevent Type 1, Cure Type 2



Synopsis

French people use the term thin diabetes (*diab te maigre*) to refer to type 1 diabetes: the severe, incurable form of diabetes mellitus that tends to strike children. French people use the term fat diabetes (*diab te gras*) to refer to type 2 diabetes: the milder, reversible form of diabetes mellitus that occurs in overweight people. In this fascinating book, Laurie Endicott Thomas provides clear and often surprising explanations of why people get diabetes, and what they can do about it. Diabetes does not result from eating too much sugar and starch. Type 2 diabetes results from eating too much fat, and type 1 diabetes results from a problem in the immune system. Type 2 diabetes is not really a disease. It is a defense mechanism. If you have type 2 diabetes, you are a naturally thin person, and your body is willing to sacrifice everything to keep you from gaining even more weight from a diet that is too rich in fat. The solution to this problem is to a low-fat vegan (purely plant-based) diet. Such a diet reverses type 2 diabetes and helps to improve the health of people with type 1 diabetes. If an entire family adopts this diet for the benefit of a diabetic family member, everyone will benefit! This book explains how to use food to fight diabetes. It even includes meal planning tips and quick and easy recipes.

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Customer Reviews

The science, as Laurie explains it, is clear: Good food is good medicine. Bad food is poison. The history she brings up makes it painfully clear how ridiculous some patients (and their doctors) can be when they claim "sticking to a diet is just too hard!" But the diet that Laurie talks about allows you to eat as much as you want, as long as you eat low-fat, plant-based foods, including potatoes. I never knew that less than 100 years ago, people used to have to put diabetic children on a starvation diet. Imagine?! This was the only way to prevent sure and immediate death. Some died of malnutrition; yet cutting off food prolonged their lives for a year or so. For others, this extra time allowed them to survive until insulin was discovered. As Laurie points out, "it's no fun being a human pin cushion"; but no one would argue that it beats the heck out of starvation. We are so fortunate to have life-saving medicine, such as insulin for people with type 1 diabetes. However, we shouldn't rely on pills as to counteract the poison we constantly and willingly consume. In her excellent book, Laurie explains how simply swapping out bacon and eggs for oatmeal and bananas can restore the health and lengthen the lifespan of a person with type 2 diabetes and other ailments directly related to the fat-rich, meat-based American diet.

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