



The Type 2 Diabetes Breakthrough: A Revolutionary Approach to Treating Type 2 Diabetes

By Frank Shallenberger

Basic Health Publications. Paperback. Condition: New. 240 pages. Dimensions: 8.8in. x 5.9in. x 0.6in. In *The Type 2 Diabetes Breakthrough*, Frank Shallenberger, M. D. , presents his revolutionary approach to treating type 2 diabetes. He documents his extensive research, which shows that the root of diabetes is a decrease in energy production and fat metabolism, an integral part of diagnosing and treating diabetes. He then shows how to correct the factors that lead to this condition to stop the disease in its tracks. At the core of his treatment protocol is his unique perspective on nutritional guidelines for diabetes for optimal energy production. In fact, Dr. Shallenberger explains why the American Diabetes Association's dietary guidelines are nothing more than a recipe for keeping the disease. Another unique component of his treatment approach is an emphasis on optimizing liver function. Though conventional medicine focuses on the pancreas as the organ responsible for diabetes, Dr. Shallenberger has proven that the liver is the primary organ of importance in most cases of diabetes. And, of course, Dr. Shallenberger considers exercise to be an integral part of any successful treatment or prevention plan for type 2 diabetes, but not just any form of exercise will...



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