



What Your Doctor May Not Tell You About Diabetes: An Innovative Program to Prevent, Treat, and Beat This Controllable Disease

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Mention diabetes and what are the first things that leap to mind? Sugar levels, glucose monitoring, and insulin? According to leading diabetes specialist Dr. Stevan Joyal, to truly combat the diabetes epidemic--both preventing it and improving the quality of life for those who have it--we must start smaller, by focusing on the microscopic yet most critical factors that control your genes and your cells. In **WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT DIABETES**, Dr. Joyal tells readers how to prevent and treat type 2 diabetes and reverse prediabetes (a condition affecting half of all Americans), by positively influencing the genes and cells in the body that cause the condition--all without the use of special gadgets, or crazy fad diets. In this groundbreaking, integrative treatment plan, you will find:

- the testing procedures that EVERYONE should have to discover their diabetes and prediabetes risk level
- tools to prevent and significantly control minor to serious diabetic complications
- important guidelines on diet, including especially effective "superfoods"
- an individualized, scientifically-proven natural supplement regime
- a manageable and effective exercise program
- lifestyle changes, including stress reduction tips, that can really make a difference
- recommendations on pharmaceuticals when necessary

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