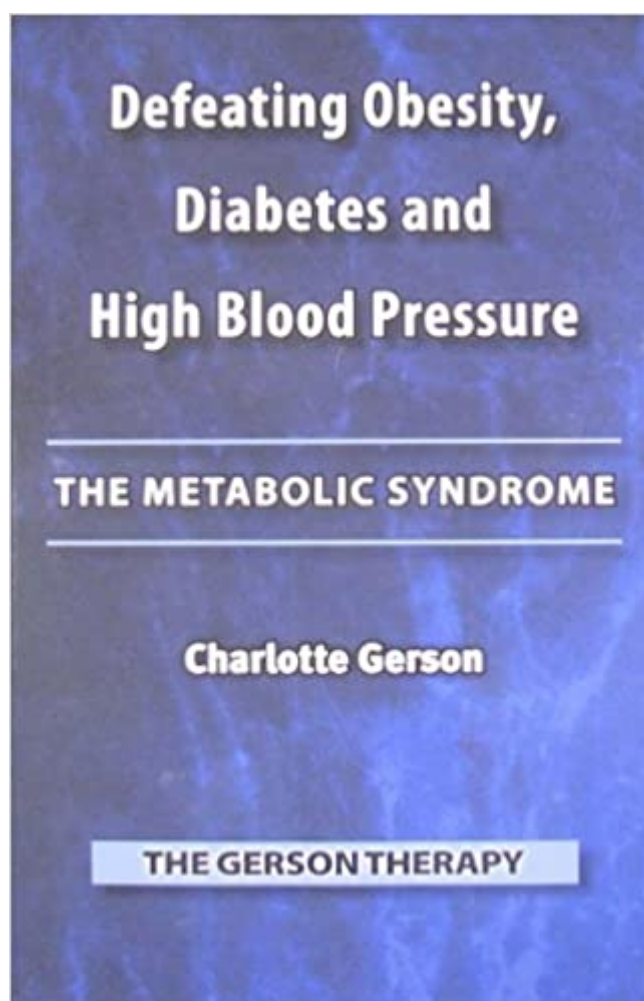




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# Defeating Obesity, Diabetes And High Blood Pressure: The Metabolic Syndrome



## Synopsis

This book describes the use of the Gerson Therapy for the control and elimination of obesity and its associated complex of ailments: diabetes, cancer, cardiovascular disease, etc., considered "The Metabolic Syndrome," or "Syndrome X." The Metabolic Syndrome is one of the most rapidly rising diagnoses in modern, industrialized societies from Asia and Latin America to the United States. The Gerson Therapy has a long history of success in the reversal of these diseases, some being resolved very rapidly. Includes recipes for healthy living, literature citations, index, author index and specific instructions.

## Book Information

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## Customer Reviews

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If you're into the Gerson therapies, this book is pretty much a must-have. The problem is the price. It covers Gerson principles as it applies to three health topics: Obesity, Diabetes and High Blood Pressure. Gerson Media has now divided this information up into three books, which of course means you have to pay for three books instead of just one [this one being now out of print]. The

protocols of the therapy don't change per se, so this is just as good as having the three under one cover [according to 'Marcus' - the fellow I talked to at Gerson Media].

Grateful for the information in this book. My husband and I went on this program for 8 weeks. It was not easy, though our health has improved.

This is not a book for the average person. Unless you can afford being treated in one of their clinics it's not realistically possible. For instance, I can't afford to juice hourly (for nonmalignant patients). Also, this book states on p.3 to avoid drinking water. I will spare you the details of my experience, but I swear I will never do that -ever- again. This is nonetheless a book that provides a lot of scientific information, but as much as I would love to, I wouldn't recommend it. In fact, I have made the choice not to re-sell it for that reason. Common sense should tell us to eat organic, drink water, juice, stay away from toxic cosmetics, etc.

Genius, one of the smartest people on the planet!

The book as a whole says to eat fresh, organic raw foods and your body will heal itself. This part is practical and workable. The rest of it is based on the Gerson model, which is a year to two year program involving up to eighteen pounds of fresh produce a day, juiced, and three coffee enemas a day. Regardless of how healthy I want to be, I cannot afford eighteen pounds of fresh produce a day for each member of the family, nor am I willing to have three coffee enemas a day - or a year, or a lifetime for that matter. The message that eating fresh organic foods will let your body heal is a good one, but it is not worth the book's price.

After reading the book, my wife and I decided to give the diet a try (excluding the enema) just to see what effect it would have on us. To our surprise, we lost weight without exercise, and our blood pressure dropped to its lowest level in years. My wife even has expressed that she has more energy throughout the day and has not had to take allergy medicine nearly as frequent as she used to. What I found interesting was that once you start eating a healthier diet, you cannot go back to the junk food without getting sick. To me this really illustrated that the human body needs and wants the foods that are listed in the book. I'll admit that it is difficult at first to make the changes in the way we eat and we are not quite there as of yet, but it all makes perfect sense. While we are not doing the enemas at this time, we are not ruling them out in the future. But if you are fighting

obesity, diabetes, or high blood pressure and have an open mind, this book is well worth it.

Gerson's approach to wellness is sensible and in layman's terms, practical, and after reading, you will know exactly what to do to achieve your goal. Also loaded with facts that will help you stick with the routine because you will know the why's behind the what-to-do's. The information is captivating so that you won't want to put the book down and you'll be motivated to get started. Includes a precise schedule and recipes.

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