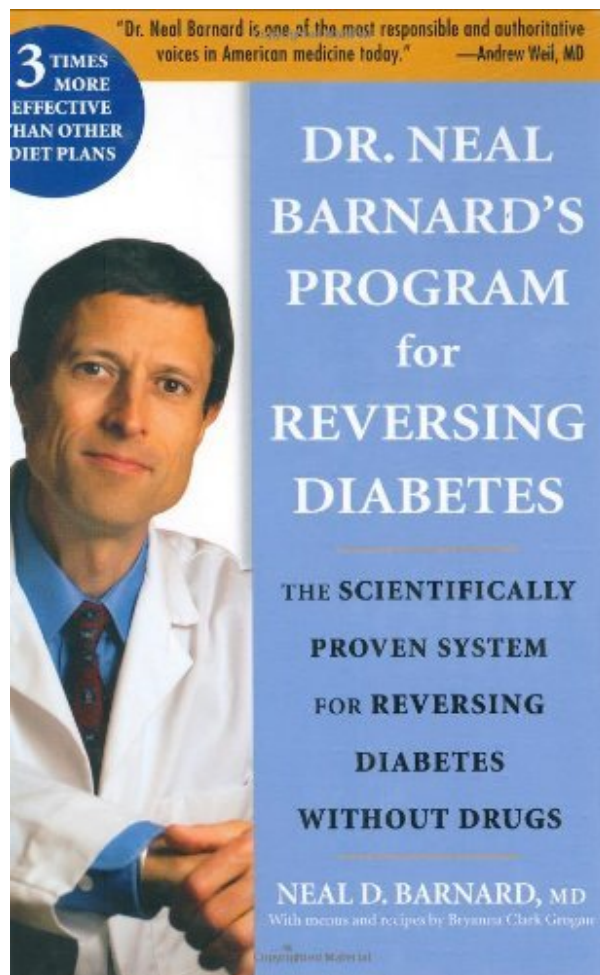


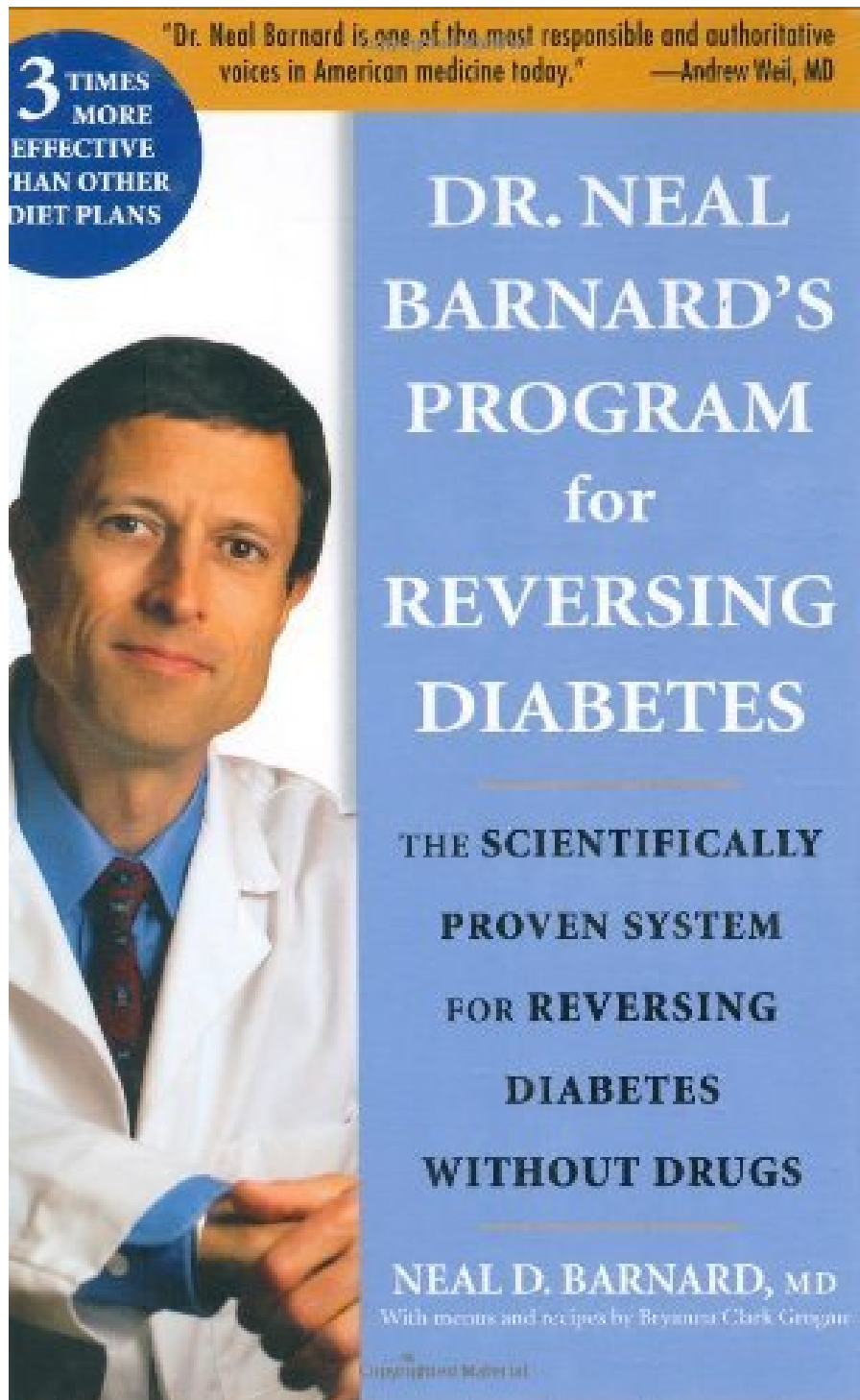
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Dr. Barnard's book is 100% WRONG WRONG WRONG. It is simply the old 80s low fat diet with a vegetarian twist. I tried this diet and watched my blood sugar go from 150 (which is high for a type 2) to 378 in two weeks. He allows massive amounts of carbs and his claims are that its the fat that causes you to be a diabetic because the fat blocks the glucose from entering your cells and it goes back into your blood stream as sugar. This is total and complete BS. Fortunately as my blood sugar skyrocketed and I also gained 6 pounds I realized he is dead wrong about diabetes. The 3 weeks I was on this diet I followed it to the letter even buying his videos to make absolutely certain I was doing everything right. Thank goodness, I woke up and I am now on the Ketogenic high fat diet and my blood sugar is normal and lost 15 lbs. in a month. Dr. Barnard is a fraud.

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