30 Day Diabetes Cure

Autor:
Data de publicació: 24-02-2016

The 30 Day Diabetes Cure Review

By Charlie G ? 2011

Review of: The 30 Day Diabetes Cure

Book by:Dr. Stefan Ripich, ND, CNP
Last modified:April 28, 2015

Summary:

What I like most about the treatment to cure diabetes exposed in this book is that it’s a step by step guide, one day at a time, with great practical tips and written in a language that anyone can understand.

More Details

After some years of research, trying and writing about all possible treatments to cure diabetes, I recently stumbled upon a magnific source of information for all of us, searching hopelessly for guidance and/or a therapy to heal our diabetes, be it type 1 or type 2.

The book is called “The 30 Day Diabetes Cure” (The drug-free solution to America’s #1 health crisis), by Dr. Stefan Ripich, ND, CNP and Jim Healthy (America’s Health Coach) as co-author.

In this post I’m going to review this book, explain what I like about it and what I don’t, and hope that this will help you

decide whether you too want to give it a try or not.

First of all, I don't know about you, but I do care a lot about my health and the potential consequences of my diabetes. For many years (soon it will be 13 years since I was diagnosed with diabetes type 1) I've purposely tried to say to myself that I'm not going to suffer all those horrible complications associated with diabetes, and therefore didn't want to read about the "dark-side" of diabetes.

I've tried to eat healthy with few carbohydrates and a minimum of sugars, exercise regularly and keep a possitive attitude.

Although that's already more than what 90% of the people with diabetes do, after having read Dr. Ripich's book I realized that this was not enough, at least in some aspects.

This book helped me accept that diabetes can be a terrible disease if not properly controlled, leading to a possible loss of mobility, eyesight, independence and 10-20 years of your life. And that's one of the things I'm gratefull for, thanks to this book, I'm more motivated than ever to fight for my health and my life.

What I like most about the treatment to cure diabetes exposed in this book is that it's a step by step guide, one day at a time, with great practical tips and written in a language that anyone can understand.

With this "diet" or "way of living" you don't go from 0 to 100 overnight, but you are accompanied by professional medical guidance (allopathist, naturopath and nutrition specialist) step by step, gradually making the necessary changes in your life in order to control and reverse diabetes.

Although I'm aware that this treatment mainly addresses people with type 2 diabetes, I was encouraged by the testimonial of a type 1 diabetic who could reduce his insulin dose by 80% following the advice given in the book. Each chapter has a case study or testimonial showing the before-and-after numbers concerning A1C, weight, triglicerides, blood pressure and medicines taken and eliminated.

For people with type 2 diabetes, this sentence from the book speaks for itself: "I have never had a type 2 diabetes patient who hasn't gotten completely off their medications and returned to a normal, healthy, drug-free life."

Encouraging, isn't it?

I really like the holistic approach, connecting the right food, exercise, emotions, natural vitamins, relaxation, sleep, elimination of toxins, avoidance of stress… That's what most of the treatments lack, just considering one approach.

And, there are lots of scientific studies behind his approach mentioned in the book.

Now let's turn to the two things I'm a bit skeptic about: on the back cover of the book it says "…It's virtually a FREE solution…" Although lots of the things recommended are so cheap that you could consider it almost a free therapy, there are also some natural vitamins/suplements recommended, and we know that those aren't cheap.
But I have to agree, that compared with the costs of drugs, medical insurance and hospital visits when diabetes complications arise, it really is a cheaper and safer option.

The second thing I don't really agree with is the claim that "This is the best and only viable alternative you have to surrendering your life to diabetes." My years of research on healing diabetes treatments made me clear that there are many approaches in different cultures and through different means to cure diabetes, some of them easier to follow than others and some very difficult to follow. But it's true, that this is the most comprehensive, hollistic, well-structured treatment that has come to my hands, and which is not as restrictive as other "diets".

Since I'm really taken by Dr. Ripich's book, I wanted to finish this review with another aspect that I like about this book: it doesn't make you believe this is a magic bullet, where you take a natural pill and your diabetes is reversed. On the contrary, Dr. Ripich is very open in this regard and states that it will take commitment, determination and persistence.

Why I don't think "The 30 day diabetes cure" is a scam?
No matter what you do, write or sell, there are always people who don't agree with you. But if you're trying to sell some health-related product, people can get really offended. Sometimes criticism is surely justified. But sometimes people

judge before having investigated the product themselves. For whatever reason they feel the need to make public accusations, such as referring to the product as a scam, submitting that it doesn't provide anything new and that they just want to get people's money…

For what I've seen, most of the people making such accusations haven't even read the book or tested the product. I can think of 2 reasons why someone would make such accusations:

they have already read a lot of books or internet websites about the topic and consider the book doesn't provide new information (in this case, if they had applied all the recommendations of those resources, they wouldn't be looking for any other book/product to improve their health).
they are not willing to take that commitment, determination and persistence long enough to feel and experience the benefits of it. They prefer to critisize someone else (in this case the author of the book) rather than take responsability for their own health and stick with one approach until seeing benefits (note: for whatever reason, sometimes our body just doesn't respond the same way to a treatment that other people do).

Why would a doctor or specialist in a topic risk his own revenue streams by trying to scam other people? (it would be different, if it were someone totally unknown, without credentials, without a practice where you can call…)

Having said that, read the book and applied its recommendations, I highly recommend this book to any person suffering diabetes (specially if you have type 2 diabetes you'll see faster positive results). Do yourself a favor and don't wait too long for science to discover and market the next new transplant solution or drug for diabetes. You can do something for your health NOW.

And if you are backed up with a 100% positive results achieved by this book (and the money-back guarantee), you don't have anything to loose, but a LOT to win: your life and health!

If you are more a visual person who prefers to see and listen to the doctor instead of reading what he has to say in a book, you can pay a little bit more and get access to "The 30 Day Diabetes Cure Video Coaching Program", where Dr. Ripich guide you via video on every step of the process.

You can take a look at Dr. Ripich's site and consider buying the book for yourself or a loved one (they also have a video where they talk about it): www.30daydiabetescure.com

Update July 4, 2011: I just published a new post with a detailed overview of how Dr. Ripich's plan works.

Please, don't forget to comment here how you are doing following this book's plan. We may all learn from you and get motivated.

Update: below you can find several comments from people (like this one or this other one) who just after a few days into this program are doing already great! And some months later they are even off their meds! Take a look and get inspired!.