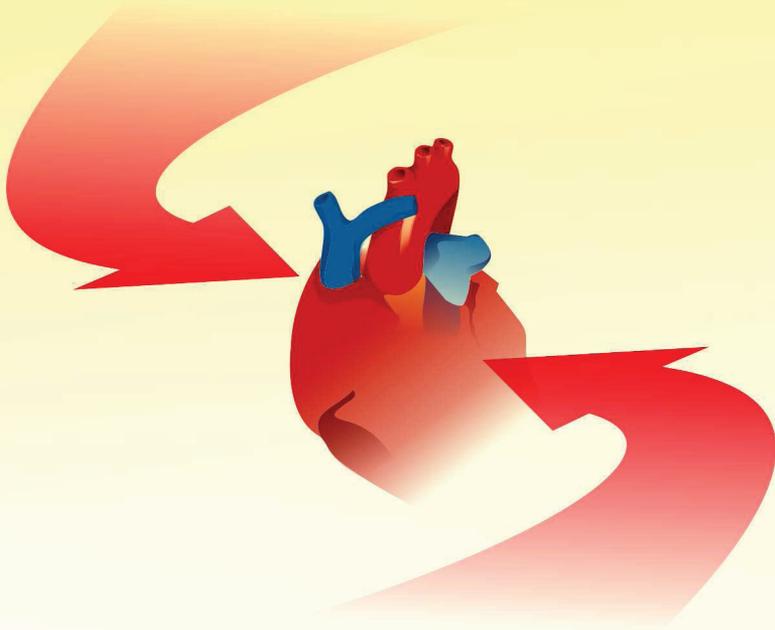


Dr. Christopher Calapai

Reverse Diabetes Forever! Seven Steps to Healthy Blood Sugar

**(And Lower Your Risk of America's
Top Killers Including
Heart Disease
And Cancer!)**





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By Christopher Calapai, D.O.

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TABLE OF CONTENTS

INTRODUCTION:

More And More People Are Getting Sick4

STEP ONE:

Your First Visit:

The Comprehensive Medical Nutritional Evaluation10

STEP TWO:

Count Your Carbs, And then Cut Them!15

STEP THREE:

Keep Your Daily Diary And Monitor Your Morning Blood Sugar19

STEP FOUR:

Get A Move On:

Why Exercise Is Such A Profound Intervention..... 21

STEP FIVE:

Take Out Heavy Metals:

Why Chelation Is Crucial To Successful Treatment of Diabetes24

STEP SIX:

Put the Nutrients Back In:

How Vitamins And Minerals Can Reverse Damage

From Diabetes26

STEP SEVEN:

How to Maintain Your Newfound Health:

Just Know Your Risks!33

CONCLUSION:

A Healthy Lifestyle Is Your Best Life Insurance35

INTRODUCTION: More and More People Are Getting Sick

Diabetes is one of the most devastating diseases known to man. It damages blood vessels, nerves, all organs and frequently leads to amputation of the extremities. It is a multisystem disease. Make no mistake, this disease has to be addressed.

The numbers say it all. In America, one out of every twelve children and adults has diabetes—right now. That’s nearly 24 million people. Of those, nearly 6 million don’t even know they’re sick. Almost one in four people over 60 suffer from this disease. And in 2007, a shocking 1.6 million new cases of diabetes were diagnosed. That’s just one single year. That means over the next decade, we’re looking at another 16 million new cases.

And that’s just the tip of the proverbial iceberg. Because another 57 million are pre-diabetic—on their way to becoming ill, unless they take the information in a book like this to heart and change their lives. Slowly but surely these prediabetic folks are developing insulin resistance. **So a total of 81 million Americans (and counting) have blood sugar problems.** And that’s just America. Worldwide, all over our planet, 246 million people are suffering from diabetes right now. In 15 years that number is expected to soar to 380 million.

Each year in America, 47,000 diabetics get kidney disease. Around 24,000 go blind. Another 86,000 have a toe, foot or leg amputated because of diabetic complications like gangrene. New research links diabetes to Alzheimer’s disease.

So what is diabetes, anyway? Officially, it's diagnosed when fasting blood-glucose levels rise above normal. Normal is 100 to 126 milligrams per deciliter.

No medication reverses diabetes.

And nobody in mainstream medicine is doing a single thing to change the cause of this pernicious and widespread illness. Why does this matter to me so much? Because diabetes is intimately linked to—or even the root cause of—major killers like cardiovascular disease, heart attacks, high blood pressure, kidney disease, high cholesterol, and stroke, as well as immune dysfunction, obesity, mood changes, blindness, and peripheral neuropathy (numbness and tingling in hands and feet). That's in addition to impaired sexual function and impotence. In fact, recent research even implicates diabetes in Alzheimer's disease. A study of over 800 nuns and priests found that diabetes was associated with lower levels of episodic memory, semantic memory, working memory, global cognition, and perceptual speed. In other words, it affects your brain, not just your body.

Uncontrolled diabetes, with its alternating, roller-coaster surges of high blood sugar and high insulin, damages every blood vessel, and ultimately, each single organ in the body. The bottom line: diabetes is a devastating disease to all tissues. It damages all parts of the body.

Here's the blunt truth: About 18 million people die every year from cardiovascular disease—which is the number one cause of death in the entire world. And guess what the two major risk factors are?