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Diabetes Epidemic Is Reversible with Diet, Says Nutrition Researcher

New Book Shows Low-Fat Vegan Diet More Effective than Other Treatments

WASHINGTON—A diagnosis of type 2 diabetes is often a grim precursor to heart disease, kidney failure, stroke, nervous system damage, and other life-threatening complications. But a new book by nutrition researcher Neal Barnard, M.D., says it doesn't have to be that way. Based on his own recently published research, *Dr. Neal Barnard's Program for Reversing Diabetes* explains that many of the 20 million Americans suffering from diabetes could dramatically improve their condition, not just "manage" it as most treatment programs aim to do.

The book describes a new nutritional approach—a low-fat vegan diet—that can help many patients cut their blood sugars, improve their insulin sensitivity, and reduce—if not eliminate—their medications. Rather than compensate for malfunctioning insulin, like other treatments, the diet actually helps an individual's own insulin work better by altering what goes on inside that person's cells. What's more, the diet lowers cholesterol and high blood pressure, helps with weight loss, and improves energy.

"Our research shows that the low-fat vegan diet is more effective at treating diabetes than the typical diet or oral medications," says Dr. Barnard. "And although this may seem counterintuitive, our study participants found the vegan diet easier to stick with than the standard—or American Diabetes Association—diet. That's because no one has to cut calories, watch portion sizes, or limit carbohydrates. This approach could put a huge dent in the diabetes epidemic."

Book details: *Dr. Neal Barnard's Program for Reversing Diabetes* (Rodale, January 2007) is based on clinical research the author conducted with George Washington University and the University of Toronto. That study—published in *Diabetes Care* in August—was funded by the National Institutes of Health. The book includes a three-week meal plan and more than 50 recipes, which were developed by chef Bryanna Clark Grogan.

Author details: Neal Barnard, M.D., is a nutrition researcher and adjunct associate professor of medicine at George Washington University School of Medicine in Washington, D.C. He is also the president of the Physicians Committee for Responsible Medicine (PCRM), a non-profit health organization that promotes preventative medicine, especially good nutrition. Dr. Barnard is the author of many previous books on diet and health, including *Food for Life*, *Foods that Fight Pain*, and *Breaking the Food Seduction*. **For an interview with Dr. Barnard, please call Justin Loeber, Mouth Public Relations, 212-260-7576; Justin.Loeber@MouthPublicRelations.com**