



# Fight Diabetes with Vitamins and Antioxidants

*Kedar N. Prasad Ph.D.*

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## **Fight Diabetes with Vitamins and Antioxidants** Kedar N. Prasad Ph.D.

The most up-to-date and complete resource on the powerful benefits of micronutrients for diabetes treatment and prevention

- Provides an easy-to-follow program of nutritional supplements to halt progression of diabetes and its complications and to improve your odds of avoiding diabetes
- Shows how merely changing your diet and activity level cannot fully counteract the chronic inflammation and free radical damage at the source of diabetes and prediabetes
- Debunks the flawed conclusions of the medical community that show vitamins and antioxidants to be ineffective for diabetes treatment

In this practical yet scientific guide, leading researcher in cancer, heart disease, and diabetes prevention Kedar N. Prasad, Ph.D., reveals the latest revolutionary discoveries on the use of antioxidants and micronutrients to treat diabetes. He details how the proper combinations of vitamin and antioxidant supplements can greatly increase the effectiveness of standard medical treatments to halt and even reverse the progression of both type I and type II diabetes and prevent onset in those who are diagnosed as prediabetic.

Prasad shows how chronic inflammation, oxidative stress, and free radical damage are the chief culprits for the progression of diabetes and its complications and that merely changing your diet and activity level and regulating blood glucose levels cannot fully counteract this unhealthy internal state. He provides an easy-to-follow daily supplement regime for both diabetics and prediabetics in multiple age groups to target free radical damage and cell injury and stop the progression of diabetes complications. Reviewing much of the scientific research on diabetes treatment, he debunks the flawed conclusions of the medical community that vitamins and antioxidants are ineffective, revealing how the studies focused on specific micronutrients rather than synergistic combinations.

Offering the missing complement to the standard care of diet, exercise, and lifestyle changes promoted by mainstream medicine, this guide provides a truly holistic approach to diabetes prevention, treatment, and care.

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