

Diet and Disease

[The Kick Diabetes Cookbook is Out!!!](#) (9/4/2018) - The Kick Diabetes Cookbook by Brenda Davis and Vesanto Melina (publisher – Book Publishing Company) is available now. This book provides a tested plan for managing and reversing type 2 diabetes. With over 100 recipes and step by step guidelines, it will serve as an invaluable resource. All the recipes included are sugar-free, oil-free and [...]



[FIGHTING DISEASE WITH YOUR FORK](#) (8/29/2017) -



[LEGUMES vs MEAT](#) (8/29/2017) -



[10 Ways to Lose Weight](#) (8/29/2017) -



[Methionine- Restricted Diet... Who needs it?](#) (11/27/2015) - Methionine is an essential amino acid – one of the building blocks of protein that cannot be produced by the human body so must come from our food. It is one of two sulfur-containing amino acids (the other is cysteine). Methionine is an intermediary in the synthesis of cysteine, carnitine, taurine, and other compounds. [...]



[Defeating Type 2 Diabetes](#) (7/23/2015) - “The diabetes time bomb has been ticking for 50 years, and it’s been getting louder. Despite the warning, successive generations of world leaders have largely ignored the threat.” International Diabetes Federation (IDF) President-Elect Martin Silink According to the Centers for Disease Control and Prevention, one in eight American adults had diabetes in 2014. If [...]



[Plant-based Diets and Gout](#) (7/23/2015) - Gout has long been known as the “disease of kings” as it is most common in overweight or obese men who consume rich foods, and excessive alcohol. It is also associated with hypertension and renal impairment. Diet can help to reduce the incidence of gout, and can play an important role in the treatment of [...]