

Life without diabetes

Read the whole story of what happens to your food inside your body

How this understanding led to reversing the Twin Cycles of type 2 diabetes

From the pioneer of diabetes reversal whose research is behind the new NHS programme to reverse type 2 diabetes

Prof Roy Taylor is one of the world's leading experts in type 2 diabetes, the man who discovered that this life-limiting disease was actually a reversible condition.

With his team of researchers at Newcastle University, he launched a series of studies culminating in a multi-million-pound trial, which confirmed that simple advice about diet could bring about lasting remission.

In Life Without Diabetes, Taylor brings all the knowledge and experience of four decades of treating people with diabetes. He explains exactly what is happening in the body as type 2 develops and presents a brilliant 3-step weight loss plan that will enable you to reverse your type 2 and live a full and healthy life beyond it.

Bestseller 'Life Without Diabetes' by Prof Roy Taylor is available now from online retailers and book stores. E-Book and Audio versions narrated by Prof Roy Taylor can be found online.

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Foreword by Professor Sir George Alberti

How to use this book!

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