

TEN STEPS to Control Diabetes

by Mark Erik Meijer, M.D.

Board Certified Family Physician

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\$18.85 (bulk discounts)

www.diabetesbook.info

TREATING DIABETES THROUGH DIET IN A REALISTIC MANNER

Dr. Meijer's Diabetes Management Program (DMP)© persuades and teaches diabetic patients and their families how to control Diabetes. This is done by emphasizing dietary goals and not just relying on drugs or shots (or even surgery!). Changing the usual "normal" American diet (high calorie and low fiber) to a healthy one (low calorie and high fiber) is a ten step program.

IMPRESSIVE RESULTS

Dr. Meijer's bluntness and his slogans are very important in helping people change. His particular brand of language is effective. One startling result of Dr. Meijer's Diabetes Management Program (DMP)©, while in Aynor, South Carolina, was that all categories of patients did equally well, including minorities who historically do worse. Both diabetes and obesity ("Diabesity") were successfully controlled for years.

"For years I'd spent hundreds on medication and doctor visits, trying to control my blood sugar, with little result. I was at 170 most of that time. I then acquired the book - and within 3 months my blood sugar was 100 5 - NORMAL. I also lost 52 lbs. I have maintained this level for more than a year. Is improving the quality of your life worth \$18.85? Buy the book! Read the book! It's fun to read and written in a way we all can understand." ----- Alexander R. Hill, Hampton, Virginia



Learn from a Board Certified Family Physician who taught patients how to help themselves. For more than 10 years Dr. Meijer has created Patient Education handouts using words ordinary people can understand (**no medical gobbledegook**). Unusual humor is added that helps keep diabetic patients and their families motivated to control this disease at their own pace.

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Strategies Lead to a Permanent and Successful Lifestyle Change

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FREE DVD AVAILABLE

A free one hour video presentation on "The Prevention and Treatment of Diabetes"© can be sent by request (non-refundable \$5.00 Shipping & Handling if mailed separately from a book order).

Slogans and Mnemonics Create Aversions Towards a Bad Diet

Readable Book Educates People Step by Step

"Your straightforwardness has opened my eyes; in general I had no problem with it. ... [other diabetic advice] is always in shades of grey rather than straightforward. In this [Dr. Meijer's] diet plan you recognize that you eat to live, rather than live to eat. It makes you think twice about what you put in your own mouth. ... I lost over 45 lbs."

----- Rev. John M. Bauknight, Aynor, South Carolina