Did you know that 1 of 3 U.S. adults will have diabetes by 2050? Thankfully there's a way to avoid this statistic.

Type II diabetes is the most common form of diabetes. It results in a high usage of insulin, and has many lethal side effects. Thankfully, there is a natural method to cure type II diabetes. Tests confirm that a low-fat diet alone can reverse type 2 diabetes in laboratory animals. This isn't only true in the lab. 50% of type II diabetics who adopt the NEWSTART Lifestyle are off their insulin and medications in as little as 18 days.
Learn about diabetes

About ten years ago I was diagnosed with type 2 diabetes. I was 435 lbs., and way out of shape with little to no exercise. After attending NEWSTART, my weight loss exceeded my expectations (more than 40 lbs in the two sessions I was there), and my insulin has gone down from 112 units per day to 8 units per day. I would say that if you want to extend your life, the NEWSTART program at Weimar is where you want to be. Think about it, how much would you pay to extend your life? - [MAX]

Learn how to Defeat Diabetes

The NEWSTART Reversing Diabetes Program is a 7-day, power-packed lifestyle-education course that delivers practical, clinically proven tools to help you improve and even reverse type 2 diabetes. For seven intense days, our team of certified
physicians, nutritionists, and culinary experts will provide you with the tools and motivation you need to take control of your health.

Register for Reversing Diabetes

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Type 2 Diabetes - NEWSTART

“Medical research confirms that up to 50% of people with Type 2 diabetes can eliminate diabetes risks and discontinue medication within three weeks by adopting a low-fat, plant food diet and regular daily exercise.”


“Science Agrees… Tests confirm low-fat diet alone reversed type 2 diabetes in laboratory animals.

In a scientific study released on September 9, 1998, ” . . . While doctors have long known that weight loss can control diabetes, this is the first scientific study to show that type 2 diabetes can be completely reversed in animals by cutting dietary fat. Moreover, the findings suggest that reducing fat, not just weight, is a primary mechanism behind the reversal.”

- Richard Surwit, PhD et al, September ’98 Metabolism. Duke University

A concurrent program at Weimar’s NEWSTARTÆ Lifestyle Center, in which type 2 diabetes patients eat a low-fat diet and exercise daily, is experiencing a similar success in reversing diabetes. Many are completely off all insulin and medication with a normal blood sugar. Neuropathy has been reversed and renal function improved in many. Atherosclerosis, the big killer of people with diabetes, also responds favorably to the NEWSTARTÆ program.

- 50% of people with type 2 diabetes have normal blood sugar without medication in as little as three weeks.
- 80% with diabetic neuropathy have no more pain in their feet and hands.

Other benefits of working this plan include:

- 80% of men have normal blood pressure without medication.
- a 25% drop in cholesterol is common.
- a 35% increase in exercise capacity occurs.


Scientific research supports use of a low-fat, plant-based diet,
plus exercise, in the prevention, treatment and reversal of type 2 diabetes.

- The Atkins Diet, The Zone, Protein Power, Sugar Busters and the Stillman Diet all came under the attack of the Nutrition Committee of the American Heart Association (AHA) in a report in the October 9, 2001 issue of the journal Circulation (104:1869-74, 2001). For the full story, go to: http://circ.ahajournals.org/cgi/content/full/104/15/1869
- Anderson J. Hypolipidemic effects of high-carbohydrate, high-fiber diets. Metabolism 1980; 29:551
- Prevention of Type 2 Diabetes Mellitus by changes in Lifestyle among subjects with impaired glucose tolerance. N Engl J Med 2001;344:1343-1350,1390-1391 J. Tuomelehto and others (study done in Finland).
- Prevention of Type 2 Diabietes Mellitus by changes in Lifestyle NEJM 30Aug2001 Vol345#9
- Diet, Lifestyle, and Risk of Type 2 Diabetes Mellitus in Women NEJM 13Sept2001 Vol345#11 lead author F.B.Hu and others (this is the Harvard study otherwise called Diabetes Prevention Trial where they found lifestyle changes prevented DM2 by 58% within 3 years compared to “physiological medication” Metformin that prevented DM2 only 31%. Dr. Nathan, professsor of medicine at Harvard is quoted as saying “Lifestyle was significantly better than metformin, no question about it.”