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Defeating Obesity, Diabetes and High Blood Pressure: The Metabolic Syndrome

Charlotte Gerson

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Defeating Obesity, Diabetes and High Blood Pressure: The Metabolic Syndrome Charlotte Gerson This book describes the use of the Gerson Therapy for the control and elimination of obesity and its associated complex of ailments: diabetes, cancer, cardiovascular disease, etc., considered "The Metabolic Syndrome," or "Syndrome X." The Metabolic Syndrome is one of the most rapidly rising diagnoses in modern, industrialized societies from Asia and Latin America to the United States. The Gerson Therapy has a long history of success in the reversal of these diseases, some being resolved very rapidly. Includes recipes for healthy living, literature citations, index, author index and specific instructions.

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