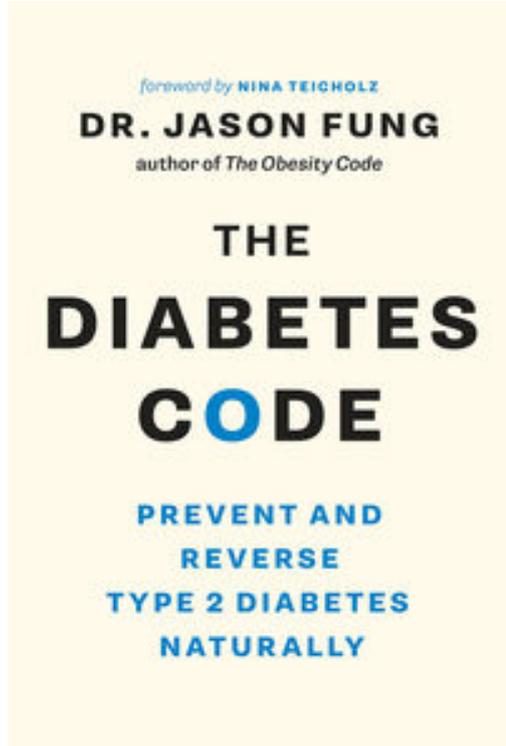


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Dr. Jason Fung forever changed the way we think about obesity with his best-selling book, *The Obesity Code*. Now he has set out to do the same for type 2 diabetes.

Today, most doctors, dietitians, and even diabetes specialists consider type 2 diabetes to be a chronic and progressive disease—a life sentence with no possibility of parole. But the truth, as Dr. Fung reveals in this paradigm-shifting book, is that type 2 diabetes is reversible. Writing with clear, persuasive language, he explains why conventional treatments that rely on insulin or other blood-glucose-lowering drugs can actually exacerbate the problem, leading to significant weight gain and even heart disease. The only way to treat type 2 diabetes effectively, he argues, is proper

diETING and intermittent fasting—not medication.

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