

**Book Review by:** Diane A. Sears, Managing Editor - In Search Of Fatherhood®, BSI International, Inc., [www.bsi-international.com](http://www.bsi-international.com)

**Book Title:** Death to Diabetes – The 6 Stages of Type 2 Diabetes Control & Reversal

**Author:** DeWayne McCulley

**ISBN No.:** 0-9773607-4-1

**Format:** Paperback, 400 pages, 6”x9”

**Publisher:** BookSurge, LLC North Charleston, SC

**Book Availability:** [www.deathtodietabetes.com](http://www.deathtodietabetes.com), Amazon.com, health food and book stores

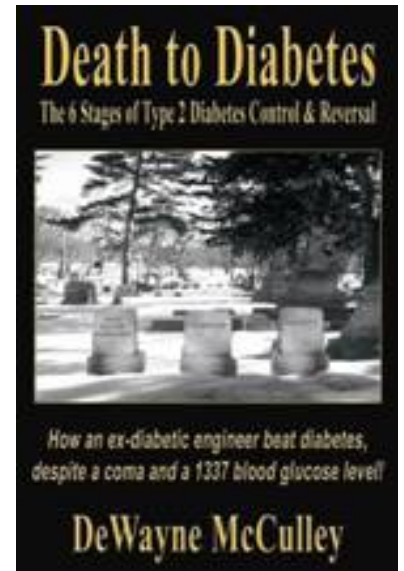
*Death to Diabetes* is a very comprehensive health and wellness book, with 400-pages of detailed information about Type 2 diabetes and how to defeat this chronic disease and its complications. Because there are so many people with diabetes (21 million in the U.S. and 170 million worldwide), the information in this book needs to be communicated to every person in America. Why? Because every one of us either knows someone who’s diabetic or has someone in their family who’s diabetic. The statistics about diabetes are staggering. Every hour, more than 2,000 people are diagnosed with diabetes. There are more than 41 million additional people in the U.S. who may become diabetic. Diabetes is the leading cause of blindness affecting almost 24,000 people annually. More than 80% of diabetics will develop a heart attack, stroke, kidney failure, leg amputation, or blindness. The average lifespan of a diabetic is 13 years less than a non-diabetic’s lifespan. Diabetes costs more than 132 billion dollars annually in the U.S. The average cost of diabetes to a diabetic is more than 250 thousand dollars over their lifetime. The number of people with diabetes is estimated to double over the next 25 years to more than 42 million people. The annual revenue from the diabetic drugs, surgeries, and hospital expenses is 232 billion dollars, which is almost 100 billion dollars more than the cost, making diabetes a very lucrative business to the healthcare, pharmaceutical and medical industries. The only diseases that produce more revenue are heart disease and cancer.

In addition, most diabetics don’t believe they’ll suffer a heart attack, stroke, blindness, kidney failure, or amputation – because they feel fine and have no discomfort, and they truly believe the drugs are working! They are unaware that they can actually save themselves years of pain, suffering, drugs and surgeries, and thousands of dollars! It’s true that diabetics and doctors know that diet and exercise are the keys to managing their diabetes, but, as DeWayne McCulley, the author of *Death to Diabetes*, points out, “Most diabetics who are trying their best are unknowingly eating the wrong foods that are sabotaging their health; and, they take medications that they think are helping their diabetes, but they’re not.”

Mr. McCulley’s writing style is crisp and straightforward. The amount of information he has amassed is astounding, and clearly supported by documented clinical studies. Western Medicine may believe that his book may give diabetics unrealistic expectations. However, his emphasis on the importance of working carefully with a medical team and his discussion of managing diabetes for life are not reckless but empowering. Those suffering from diabetes will find an inspiring story from someone who has been where they are and has defeated this disease.

Somehow, Mr. McCulley maintains a balance between his two primary target audiences – the diabetic and the healthcare professional. Mr. McCulley provides in-depth clinical details about the etiology and pathogenesis of Type 2 diabetes to satisfy the medical professional; but, he breaks down the medical terminology so that a person not familiar with these medical terms can still understand what Mr. McCulley is saying. Consequently, primary care physicians, internal medicine specialists, endocrinologists, diabetologists, cardiologists, and other healthcare professionals involved in the care and management of patients with Type 2 diabetes, insulin resistance, and cardiovascular disease will be just as happy and learn just as much as the diabetic patient!

*Death to Diabetes* provides an integrated Body-Mind-Spirit holistic and science-based medical wellness approach to the healing process for people who are fighting a systemic, degenerative disease such as Type 2 diabetes. *Death to Diabetes* is not a one-size-fits-all wellness program as every person will respond and benefit differently. *Death to Diabetes* is based upon Eastern and alternative medicine concepts that focus on removing the root causes of the disease so that the Body can heal itself, instead of Western medicine concepts that focus on suppressing the symptoms with drug therapy and not allowing the Body to heal itself. However, *Death to Diabetes* does not completely ignore Western Medicine. In fact *Death to Diabetes* utilizes Western Medicine by emphasizing the importance of medical diagnostic testing and using well-known medical protocols. *Death to Diabetes* works because it addresses the *real* root causes of this disease, especially insulin resistance and micro-inflammation. The wellness program described in *Death to Diabetes* can help the body to heal its cells and re-teach them how to properly utilize insulin and metabolize food within a matter of weeks – all of which can be measured and tracked by the diabetic and the doctor.



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*Death to Diabetes* identifies the 7 most common mistakes that the majority of diabetics make; and, provides countermeasures for each of those mistakes. This type of insight is invaluable to the diabetic as well as the healthcare person treating the diabetic.

More so than any other book written about diabetes, *Death to Diabetes* very clearly defines the specific foods (Mr. McCulley calls them “dead” foods) that either fuel the diabetes or keep diabetics in a diabetic state. *Death to Diabetes* does something that other diabetes books don’t do – it takes some risk and identifies some of the so-called healthy foods that don’t help diabetics. For example, most of us would never have thought wheat bread would be a problem for diabetics, but, as the author points out, many types of wheat bread now contain high fructose corn syrup and partially hydrogenated oil (which are used to increase the shelf life of the food). High fructose corn syrup is a man-made sweetener that causes cravings and is directly connected to diabetes; and, partially hydrogenated oil and shortening are terms for trans fats, an artificial fat that clogs the arteries and damages the nerve cells. The author warns us that these two chemicals have crept into almost every piece of processed or packaged food sold in the United States. Foods that contain partially hydrogenated oil (trans fats) include yogurt, ketchup, salad dressings, stick margarines, some soft margarines/spreads, potato chips, French fries, fried foods, pastries, fat-free packaged foods, cholesterol-free packaged foods, some frozen dinners, and other snack foods. Foods/beverages that contain HFCS include bottled juices, soda, cereals, condiments, jelly, syrup, packaged cookies, crackers, cakes, candy, ice cream, and other sweets. The list of these chemical-laden foods is staggering!

In order to ensure diabetics would be able to read the book, Mr. McCulley used a larger text size. The author also developed a chapter for each of the major areas that a diabetic needs to manage, e.g. nutrition, exercise, blood glucose testing, doctor appointments, emotional stress, support, etc.; and, the author conveniently summarized all of this into ten (10) steps! This type of organization makes it easier for a diabetic to focus on fighting the disease instead of figuring out what the book is saying!

Mr. McCulley went one step further and defined 6 distinct stages that guide the diabetic from *no* blood glucose control to *partial* blood glucose control, and finally *complete* blood glucose control. *Death to Diabetes* explains exactly what to do if your blood glucose is still too high. This is reinforced throughout each of the 6 stages. The author takes the diabetic on a personal journey of wellness – it’s truly one of a kind - it’s ingenious! As the diabetic moves from Stage 1 to Stage 2 to Stage 3 to Stages 4, 5 and 6, the diabetic has a roadmap with measurable milestones that guide him/her throughout the journey. As the author mentioned: “You wouldn’t get in your car and take a 1000-mile road trip without a roadmap. A roadmap provides guidance and helps you if you get lost on your trip. Similarly, the *Death to Diabetes* 6-stage model provides the diabetic with a roadmap that guides him/her through their diabetes and helps them if they ever feel lost. Again, this is ingenious on the author’s part, but it also required the author to write another 150 pages – so he ended up with a 400-page book instead of the conventional 250-page book. If I have one complaint, it’s that the author should have added a few more of his personal stories.

*Death to Diabetes* does more than just identify the specific foods that a diabetic needs (he calls them “super” foods). *Death to Diabetes* explains how these foods should be consumed as part of a synergistic meal that he refers to as a “super” meal. This “recipe” or meal protocol is based upon cellular biology and makes it easy for a diabetic to “convert” his/her current meals from “dead” meals to “super” meals in no time. This new approach to dieting will create a new paradigm if nutritionists and dietitians let go of their egos and accept this ingenious model as the future for healthy eating, dieting, and disease prevention. *Death to Diabetes* provides a diagram of the author’s “super meal” model – it is really very simple, and according to the quotes from diabetics and doctors alike, the Super Meal Model works! – because it’s so easy to use and remember; and, it helps to regulate the body’s production of insulin and provides the missing nutrients that a diabetic’s body needs to get healthier.

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*Death to Diabetes* explains the two types of cravings and how to specifically fight these cravings. *Death to Diabetes* explains the importance of cleansing/detoxification and how to use vegetables and other common foods to help the liver, colon, and kidneys do a better job of cleansing and detoxifying the body.

*Death to Diabetes* provides great tips for eating out at a restaurant and even eating at a fast food place, so it's not required that a diabetic eat perfectly at every meal. The book also provides food tips about shopping and preparing meals. In fact, Mr. McCulley defines "counter" meals to counteract when a diabetic eats out or eats too much processed food at a wedding or party. This takes the pressure off a diabetic to be perfect and prevents the diabetic from being overly-anxious about eating properly every day. The author expects that you will not eat perfectly and defines counter-strategies to put in place to reduce the negative effects of eating too many of the unhealthy foods. Consequently, the author has developed a *proactive* strategy that keeps you in control instead of a *reactive* strategy that creates panic and anxiety! Somebody, please get this man on Oprah!

*Death to Diabetes* provides a chapter of recipes that Mr. McCulley credits to his mother, daughter and a couple people from churches where he spoke. *Death to Diabetes* explains how to select a quality vitamin supplement and what to look for when selecting a vitamin supplement. I have not been able to find another book that goes into this type of detail!

*Death to Diabetes* not only explains how to exercise properly (in less time), but also explains what type of food/meals to eat before and after exercise – to maximize the benefits of the exercise!

*Death to Diabetes* explains that blood glucose testing is "the most powerful diagnostic tool" for a diabetic, but that most diabetics don't take advantage of this because no one really explains what to do and what it really means when diabetics have high blood glucose readings. Mr. McCulley not only explains why the readings are high for different scenarios, but he provides corrective actions that the diabetic can take to eliminate these high blood glucose readings in the future. The author points out that this insight into the readings removes the fear of the unknown, which created the anxiety about glucose testing! This is truly empowering!

*Death to Diabetes* explains how to prepare for doctor appointments and how to get the most out of doctor appointments, especially since patients only have 10-15 minutes to talk with their doctor. The author identifies 3 key questions that all of us should ask our doctors (and not be passive in the doctor's office), and how to use this information to get healthier. Mr. McCulley believes that all of us should become medical consumers and become better partners with our doctors, and be aware of medical diagnostic tests that insurance companies don't pay for. *Death to Diabetes* identifies the critical blood tests that diabetics should get from their doctor if they want a better picture of their health state, especially those blood tests that the doctor may not be aware of and the insurance company may not pay. Unfortunately, people die sometimes because they don't get the right medical tests and are misdiagnosed with the wrong health issue. The author interviewed other doctors to obtain their point of view – great research on his part. As a result, many doctors like and even buy Mr. McCulley's book even though they don't believe in nutrition.

*Death to Diabetes* provides many specific tips and ideas to help with emotions, stress, sleep, relaxation, and support systems. *Death to Diabetes* provides an entire chapter about the importance of emotional and spiritual health. Although the author is an engineer, he believes that the emotional and spiritual support from his mother (Minnie), his daughter (Cynthia), his brother (Greg), and his sister (Margo) were keys to defeating his diabetes. In addition to the quotes from his mother and his father, Mr. McCulley provides a list of inspirational quotes from famous people such as Oprah Winfrey, Bill Cosby, Morgan Freeman, Muhammad Ali, Billy Graham, and Colin Powell.

*Death to Diabetes* provides a group of diagrams and flow charts that help to explain and depict diabetes in terms of pictures. This is important, especially for people who like pictures. In fact, this insight led Mr. McCulley to develop a DVD that contains graphics and other diagrams for people who learn better with pictures. Ironically, it turns out that Mr. McCulley used to be a technical trainer for several years in Corporate America, where he learned how to train people to diagnose and troubleshoot complex machines using pictures. But,, I must point out that given the number of pages in this book (400), a few more pictures would have been helpful – to reduce the amount of reading.

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*Death to Diabetes* provides specific steps to prevent or reverse the effects of high blood pressure, high cholesterol, eye disease, kidney disease, nerve disease, and heart disease. This section of the book could easily have been Book No. 2, but the author felt that “most diabetics suffer with these afflictions along with their diabetes. To not discuss these would have been a disservice to them.” *Death to Diabetes* explains the real deal behind “so-called high cholesterol” and heart disease, and why fat people get fatter even though they eat less! Although the medical science is complex, Mr. McCulley simplifies it so that all of us can better understand these diseases and treat them with super foods.

*Death to Diabetes* provides a list of more than 200 clinical studies and medical references that substantiate the use of specific nutrients and supplements to improve and reverse the effects of diabetes, heart disease, high blood pressure, obesity, inflammation, and other related ailments. The author provides these references so that medical people who buy/use his book have some idea of his research. But, as the author pointed out: “This 400 page book is a subset of the original 1800-page book and years of in-depth research, but I couldn’t publish an 1800-page book, so hopefully, the 400 pages are a good start in the right direction.” Personally, I would have to say that the 400 pages is far more than just a good start in the right direction!

*Death to Diabetes* is so thorough that it could have been titled “Death to Most Chronic Diseases” -- since this book addresses 4 of the top 8 chronic killer diseases, namely heart disease, stroke, diabetes, and kidney failure; and, other common ailments including high blood pressure, high cholesterol, and high inflammation.

*Death to Diabetes* dispels many of the myths and misunderstandings about diabetes, especially about the diabetic drugs, the so-called diabetic foods, the misunderstanding of carbs, and the so-called diet foods.

What I really liked about *Death to Diabetes* is that it provides so much helpful information and it does all of this without “slamming” anyone – it’s so refreshing!

I suspect that because the author was an engineer, there are several engineering science-based models that are integral components of Mr. McCulley’s book. He uses a Body-Mind-Spirit model, which defines a human being at the macro-level, depicting various inputs and outputs such as nutrition variables, corrective actions, behaviors, spiritual health, etc. He uses a Cell Biology model, which defines the physical structure and functional operations at the cellular level; and, he uses this model to define his Super Meal Model.

I failed to mention this because this is a *book* review, but I would be remiss if I did not point out that the author of this book (DeWayne McCulley) almost *died* of a diabetic coma. His near-death experience with a very high blood glucose level is so unbelievable, that he placed a copy of his doctor’s medical report and personal notes about his diabetes on his website at [www.deathtodiatetes.com](http://www.deathtodiatetes.com). But, with the help of his mother and his daughter, he used his engineering and biochemistry background to beat his diabetes and write this comprehensive book. With his daughter’s help, he set up the website with the same name as his book; and, he has developed a training program that he provides to corporations, organizations, and healthcare groups. He is now working for a wellness service company (Parwel, Inc.) to help people struggling with diabetes, obesity, and heart disease. Mr. McCulley has done all of us a great service – I just hope that his story ends up on Oprah or someplace where lots of people can learn about his book and how to get healthy. Maybe, hopefully, a nationally-syndicated health talk radio show will pick him up as a regularly-scheduled guest.

“*Death to Diabetes*” is slowly becoming a rallying cry of many diabetics and family members who are suffering unnecessarily with this disease and its horrific complications of blindness, amputations, kidney dialysis, heart attack, and stroke. Many diabetics who were struggling with their diabetes for years were getting their blood glucose under control within weeks following Mr. McCulley’s program! Some of the doctors were so surprised that they invited the author to their diabetic support group meetings to answer questions. Clinics and other medical groups invited the author to give them presentations on his findings. Some doctors are slowly beginning to consider the power of God's food because the author has been able to show them the nutritional science behind these foods. When the diabetic's body is fed these missing nutrients from whole foods, the body is able to defend itself against the disease! This is due to the human body being designed by God with an intelligent code that programs the body’s cells to repair and heal -- when they are fed the necessary nutrients from God's foods (not man's processed foods).

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Throughout the book, the author gives credit to his mother and his daughter for saving his life, so he shows his gratitude by explaining in detail how he beat his diabetes, and how he helped other diabetics while working as a volunteer for the American Diabetes Association. And now, Mr. McCulley is conducting wellness training courses to various companies and other groups interested in wellness to help even more people.

This book *Death to Diabetes* is definitely worth the investment with its well thought out design and comprehensive information. And, although this book was written for diabetics, the health information will benefit anyone trying to lose weight or just trying to get healthier. Besides buying the book for yourself, this book would make a wonderful gift for someone's birthday, holiday, Christmas or other event -- because whoever receives this book will be forever grateful to you.

If you want to read what others have said about Mr. McCulley's book, visit Amazon.com and the author's website for quotes from doctors, diabetics, and healthcare professionals.

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*Food for Thought:* And, if you're feeling down and it appears the world is against you and it's impossible to overcome life's challenges, then, visit Mr. McCulley's website [www.deathtod diabetes.com](http://www.deathtod diabetes.com) and read the obstacles he had to overcome to get healthy and write this book. His journey made the impossible possible, and you can do the same in your life – turn the impossible into the possible.