

## ***Death to Diabetes***

**DeWayne McCully**

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By all rights, DeWayne McCully shouldn't be alive today. A blood glucose level of 1337—more than a thousand points above normal—landed him in a diabetic coma and nearly killed him. McCully not only recovered but took control of his disease. Using his engineering skills and biochemistry background, McCully weaned himself off of insulin, Coumadin, and all other drugs. As incredible as it sounds, he completely reversed his diabetes within four months.

*Death to Diabetes: The 6 Stages of Type 2 Diabetes Control & Reversal* is the story of how McCully overcame his disease. It is also a road map for others to gain control over their own Type 2 diabetes and eventually reverse its effects. His six steps take the reader from no blood glucose control through first controlling glucose with drugs, then stepping down the drugs to eventually tight control over both blood glucose and hemoglobin A1C (HbA1C) control without the use of any drugs at all.

When McCully returned home after his coma, his mother and daughter cleared out his kitchen and forced him to learn to cook, insisting he take better care of his diet. But he found that different medical sources gave conflicting information about what he should eat. McCully began to test his blood sugar far more frequently than recommended so he could record the changes different foods created in his blood glucose. He uncovered what he refers to as the 5 “live” foods diabetics need to incorporate into the diet (plant foods, filtered water, lean protein, unsaturated fats, and organic whole grains), and the 5 “dead” foods they should avoid. He also developed a “super meal” model that helps balance the carbs, fats, and proteins on the plate.

McCully goes far beyond the standard diet and exercise protocol to place a heavy emphasis on mind and spirit, including sufficient rest, support systems, and the importance of spiritual practice. He also addresses the issues of nutritional supplements, cleaning and detoxifying, exercise, and drugs and medication. He encourages readers to test and record their blood sugar often, and just as importantly, to take corrective action based on their blood glucose readings. He emphasizes collaboration with the medical team and offers suggestions for getting the most out of doctor's visits.

McCully's writing style is crisp and straightforward. The amount of information he has amassed here is astounding, and it is all carefully documented. The mainstream medical community may be concerned that his stated goal of eliminating dependence on all drugs may give readers unrealistic expectations. On the contrary, 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 one who has overcome his disease.

*BookWire Review*

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