



Refusing The Needle: A Diabetic's Natural Journey To Kick-Ass Health: A Diabetes Alternative Treatment Handbook

Russell Stamets

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Russell Stamets manages his Latent Autoimmune Diabetes in Adults (LADA) naturally, without insulin. His is the first account of combining western and eastern medicine to lower blood sugar levels and revive his pancreas. Delivered with humor, irreverence, and verse, this handbook will be appreciated by any type of diabetic or anyone striving for sustainable, incredibly good health. "I applaud you Russell, this is an accurate way of thinking. As an RN who has been working in a hospital for 30 year and observing and working for a system of healthcare that is costly and hitting the problems with more insurance billing for conditions that could be eliminated with diet and stress management your book is right on!" At age 49, Russell Stamets was diagnosed with Latent Autoimmune Diabetes in Adults (LADA). He was told it was irreversible and that he faced a daily shot in the stomach. Unwilling to accept western medicine's only option, insulin, Russell looked east. He researched, designed a plan, and tested it on himself. Against all odds, he succeeded in lowering his blood sugar levels and reviving his pancreas. Russell provides the details of his diet, supplements, and lifestyle (including meditation) delivered with a dose of humor, irreverence, and verse. Any type of diabetic, pre-diabetic, or anyone looking for a sane, sustainable way to achieve incredibly good health will appreciate this book.

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