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REVIEWS: The Secret To Controlling Type 2 Diabetes

Author: Rao Konduru, PhD

ASIN # B07RKJJHD2

ISBN # 9780973112054

Author's website: www.mydiabetescontrol.com

When this book was advertised, many readers downloaded and posted the following REVIEWS on Amazon.com. But the Amazon's automatic clean-up program later removed many reviews. Amazon removes millions of reviews every year.

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Customer reviews on Amazon.com

***** *5 out of 5 stars*

Top Review s

Top Reviews

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Dr. Gary Almas (DPM-Podiatrist, Vancouver, B.C.)
5.0 out of 5 stars Excellent guidance regarding diabetes
Reviewed in Canada on March 9, 2020
Verified Purchase

Dr. Rao Konduru's book, Permanent Diabetes Control, is a very useful guide and roadmap for anyone wishing to manage their diabetes well. It is an easy read and will be of great benefit. I intend to recommend this book to my diabetic patients.

Helpful

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You've read the top international reviews

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Anamaría Aguirre Chourio

5.0 out of 5 stars [Astonishing Diabetes Control Book](#)

Reviewed in the United States on February 27, 2020

Verified Purchase

Understanding diabetes and hemoglobin A1c is controlling diabetes. If you are diabetic, try to understand what diabetes is, what haemoglobin is, what haemoglobin A1c is, and how the haemoglobin A1c chart was designed by medical scientists. If you master and attain a clear concept of all of the above, then, and only then, you can control your diabetes and can lower your haemoglobin A1c to normal. Otherwise, your diabetes will go out of control. I learned all the necessary information from Chapter 3 of this book. I used to control my diabetes with oral medications before After reading this book, I started using insulin shots to quickly lower the after-meal glucose spikes. Insulin quickly acts and lowers blood glucose levels, but pills don't do that.

This impressive diabetes control book with extraordinary knowledge will teach you everything you ever need to lower your haemoglobin A1c to normal, which is an outstanding accomplishment for any diabetic person. All you need do is follow the procedures illustrated in this book. Controlling diabetes is an enjoyable task. My congratulations go to the author!

Helpful

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Sea salt

5.0 out of 5 stars [Good info](#)

Reviewed in the United States on March 2, 2020

[Verified Purchase](#)

The author reveals that the secret to controlling diabetes lies in the Hemoglobin A1c Chart, and explains everything about it, where the secret is, and how to understand that secret, and how to control diabetes in 90 days using that secret. The book teaches with real examples how to calculate the daily average blood glucose level, and then how to manually determine the hemoglobin A1c level at home by using the fingerstick blood glucose monitoring data from your glucometer daily without doing the laboratory blood test.

You can control your diabetes at home and achieve normal hemoglobin A1c by using this secret. The method is illustrated with east-to-understand examples. You will love this book!

Helpful

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Sammantha

5.0 out of 5 stars [The Secret To Control Diabetes Revealed](#)

Reviewed in the United States on February 29, 2020

[Verified Purchase](#)

HIDDEN SECRET IS IN THE HEMOGLOBIN A1c CHART: If you want to understand the secret, you need to understand conceptually what the Hemoglin A1c is, and how the Hemoglobin A1c Chart is designed by medical scientists, as is explained in this book with examples. If you understand this secret perfectly with a clear concept, everything becomes easy, your mind will guide you on how to control diabetes, you will be a winner, and you will be living with "well-controlled diabetes" in 90 days.

Any defects associated with the poor functioning of the pancreas contributes to a lack of insulin supply or metabolic disorder due to which the body's cells become unable to utilize the insulin secretion properly, and the end result is a life-threatening build up of elevated blood glucose levels in the bloodstream causing a chronic, and possibly a fatal disease called "Diabetes Mellitus." Diabetes Mellitus means "sweet urine" being siphoned through the urinary system out of the body.

I did not know why am I suffering from diabetes, and how am I diabetic until I read these two books "Permanent Diabetes Control" and "The Secret to Controlling Type 2 Diabetes".

Helpful

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Joel Spiehs

5.0 out of 5 stars **Good one**

Reviewed in the United States on November 16, 2019

Not my absolute favorite on the topic, but very high on my list of 20+ books I've read/examined. (I gave myself permission to set aside or return to the library the ones that annoyed me early on.) It's a lot to absorb -- but so is prediabetes/type 2 diabetes a lot to deal with.

This is good and thorough and reflects both the excellent writing of an experienced medical/technical writer and the personal touch of a type 2 diabetes patient.

Helpful

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fangfduan2530lmd

5.0 out of 5 stars **Good One**

Reviewed in the United States on November 16, 2019

This book will assist you with learning and see progressively about Emotional Intelligence. You will have the option to know how you will improve your enthusiastic aptitudes for you to liberate your self from control. The book was written in a straightforward manner for better and simpler comprehension.

Helpful

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Zolta

5.0 out of 5 stars **Excellent!!**

Reviewed in the United States on November 24, 2019

I got a lot of information on all my questions.

Helpful

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Top International Reviews

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Jack mckeever

5.0 out of 5 stars **The Secret Lies In Understanding the Hemoglobin A1c Chart!**

Reviewed in the United Kingdom on May 11, 2020

Verified Purchase

Most diabetics don't know how to control diabetes, and live with uncontrolled diabetes with elevated hemoglobin A1c level for decades. Elevated hemoglobin A1c level in a diabetic person is dangerous. Even the doctors and diabetes specialists are not equipped with the appropriate knowledge and training tools to transmit the real concept on controlling diabetes into the minds of their patients, except leaving their patients in a dilemma of uncontrolled diabetes. Read this very important and very useful diabetes book carefully and grasp the concept. If you understand this "secret", your diabetes control would be more rewarding than ever before, and this "secret" could save your life from long-term complications of uncontrolled diabetes.

The secret lies in understanding the hemoglobin A1c Chart (Table 3.1, Chapter 3) conceptually. Think like a mathematician! The hemoglobin A1c chart is made by plotting "Average Blood Glucose Level Versus A1c." By carefully examining this hemoglobin A1c Chart, and by using the concept of interpolation, you can identify the "secret". If you understand this "secret" (Everything is explained very nicely in Chapter 3), you will be rewarded!

Helpful

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Daniele D'Alessio

5.0 out of 5 stars **A Must Read Book If You Are Diabetic!**

Reviewed in the United Kingdom on September 2, 2020

Verified Purchase

It is true that there is a "secret" to control diabetes in 90 days. I am not going to disclose that secret here openly, but the truth is that the secret is hidden in the HEMOGLOBIN A1c CHART. Even if I disclose it here, you won't be able to understand it. You need to read the book, understand the HEMOGLOBIN A1c CHART conceptually as explained in this book, understand the examples cited, and then, only then, you will be able to know what that secret is, and how to control your diabetes in 90 days. Mark my words: If you understand that secret conceptually, then you will become a master of "diabetes control."

I immensely appreciate all contents of this great book "The Secret to Controlling Type 2 Diabetes: Addendum to Permanent Diabetes Control." I am so grateful for all the effort and hard work the author has put into this comprehensive book to help diabetics. It is an "eye opener" in so many ways. Every diabetes patient, every medical doctor, every endocrinologist, and every naturopathic doctor must read this book, and use the treatment outlined to control diabetes permanently.

It explains the pancreas and diabetes mellitus in ways I have never heard and seen before but makes absolute sense to me. The cause of this chronic and fatal disease so-called "diabetes" explained in this book is crystal clear to me. When a diabetic person learns and attains a clear concept about this disease, he/she will automatically take action and control and cure it immediately. Understanding diabetes with a clear concept is the key to controlling it (knowledge is power) as this book suggests. I adore and cherish this diabetes control book. It has been an extremely useful guide to our entire family.

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Healthy Promotions

5.0 out of 5 stars **Diabetes Control Simplified**

Reviewed in India on February 24, 2020

Verified Purchase

My experience with this book is amazing. I am very well satisfied with my purchase. Everything in this book is very easy to understand, and very interesting to treat the very complex type 2 diabetes either using oral medications or insulin shots by following the procedures illustrated in this book. This book is essential for all diabetic people, as every year new people are being diagnosed with diabetes everywhere around the world.

Type 2 Diabetes or non-insulin dependent diabetes, also called adult-onset diabetes, is developed when the pancreas produces insufficient insulin because the beta cells of the pancreas may have been partly damaged. Even if the pancreas produces insulin well, the body tissues do not respond adequately to the insulin, becoming resistant to insulin. This is called insulin resistance. Insulin resistance is the underlying problem with type 2 diabetic people. About 85% to 90% of diabetics belong to type 2. Type 2 diabetics take oral medications. Some type 2 diabetics take insulin shots when the pills don't work.

A lot of type 2 diabetics are now getting used to insulin shots to quickly offset the elevated glucose levels. This book recommends that diabetes can be more precisely and more effectively controlled with insulin shots. The secret to controlling diabetes lies in the Hemoglobin Chart. I recommend this wonderful book to all people with diabetes.

Helpful

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Wellness Books

5.0 out of 5 stars Treatment for Uncontrolled Diabetes

Reviewed in Canada on February 24, 2020

Verified Purchase

THIS BOOK HAS EXTREMELY IMPORTANT INFORMATION ABOUT DIABETES: A diabetic person should have a thorough knowledge about the normal blood glucose levels, and should be able to recognize how high or how low the glucose level is at any particular time. Especially while travelling, a diabetic person must be very careful. The blood glucose level of a non-diabetic person after 2 hours of a major meal consumption drops to normal. Normal means close to 5 mmol/L in Canada, UK, Australia, New Zealand, South Africa and other countries, or 90 mg/dL in America, India, Asian countries, and African countries.

For a seriously insulin-dependent diabetic person, it is possible to lower the blood glucose level close to normal within 2 hours of any major meal consumption through injecting appropriate insulin dose and introducing an after-meal exercise for an hour. If you can master this concept of "how much insulin should be injected for a given meal", then it becomes easy to lower the after-meal glucose level to normal within 2 hours after a major meal consumption. If you can do that every day, your diabetes will be perfectly controlled.

I am so indebted to this book because it is packed with colossal sums of important diabetes controlling tips and tricks. I read this book every day.

Helpful

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Health & Well Being

5.0 out of 5 stars **Tips and Tricks to Control Diabetes**

Reviewed in India on March 1, 2020

Verified Purchase

I adore this book. This book has many incredible "tips and tricks" to learn and control diabetes if you are diabetic. I reproduce a few tips here:

In USA, Asia, India, and in most of the other countries around the world, blood glucose level is expressed in mg/dL. In Canada, UK, Australia, New Zealand, South Africa, and in some other countries, blood glucose level is expressed in mmol/L. If a diabetic person travels to other countries, and gets the blood test done, he/she should be educated enough to understand the test result in both units of measurement. The conversion factor is 18.

For example, the blood glucose level in USA, Asia & India = 160 mg/dL

The same blood glucose level in Canada or UK = (160 mg/dL)/(18) = 8.9 mmol/L

For example, blood glucose level in Canada or UK = 7 mmol/L

The same blood glucose level in USA, Asia & India = (7 mmol/L)(18) = 126 mg/dL

Helpful

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You've read the top international reviews

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REVIEWS: The Secret To Controlling Type 2 Diabetes

Author: Rao Konduru, PhD

ASIN # B07RKJJHD2 ISBN # 9780973112054

Author's website: www.mydiabetescontrol.com

When this book was advertised, many readers downloaded and posted the following REVIEWS on Amazon.com. But the Amazon's automatic clean-up program later removed many reviews. Amazon removes millions of reviews every year.

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Customer reviews on Amazon.com

4.9 out of 5 stars

Showing 1-10 of 31 reviews



Kristine Regenhard

5.0 out of 5 stars Recommended

November 24, 2019

Format: Kindle Edition

That was a great guidebook. I have read lots of books its one of the best. The step by step guide was very helpful and I have found the diet plan in reversing type 2 diabetes to be very helpful. I like 21-day meal plans because they seem easy to do and delicious. This book not only will help you in reversing type 2 diabetes but also to lose weight and manage the mental challenges that come with stressing over a new healthy lifestyle. The author explains all the steps very clearly. I appreciate it. I would recommend to everyone. Thanks.

Helpful

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Shannon J Moody

5.0 out of 5 stars Helpful book

November 14, 2019

Format: Kindle Edition

I ordered several Controlling Type 2 Diabetes book. But this is one of the best book, I've found. It share a lot of helpful information which is really work. Beside this it's very easy to follow. By following all the guideline of this book, I've learn many things like how to control type 2 Diabetes with diet, how to control type 2 Diabetes with diet & exercise! it has answered so many questions and posed real life advice. I definitely recommend reading this book front to back. Thanks to the author for sharing this book.

Helpful

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Joel Spiehs

5.0 out of 5 stars **Good one**

November 16, 2019

[Format: Kindle Edition](#)

Not my absolute favorite on the topic, but very high on my list of 20+ books I've read/examined. (I gave myself permission to set aside or return to the library the ones that annoyed me early on.) It's a lot to absorb -- but so is prediabetes/type 2 diabetes a lot to deal with.

This is good and thorough and reflects both the excellent writing of an experienced medical/technical writer and the personal touch of a type 2 diabetes patient.

Helpful

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King\$

5.0 out of 5 stars **Super book kindle zone**

November 20, 2019

[Format: Kindle Edition](#)

This book was completely stunning; I acquired the Kindle form and had the option to hear it out ordinarily during my work drive. I particularly adored how the book addresses explicit regions to help create discipline and after every section, the writer surveys the primary take-swaps. Generally speaking, HIGHLY suggested if you have issues with self-restraint.

Helpful

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Ramos Jassel

4.0 out of 5 stars **Loving stuff**

November 24, 2019

[Format: Kindle Edition](#)

It's not the sugar people. I was very excited when I have found out what's the real cause of type 2 diabetes. This book goes straight to the point - what is causing this disease and how to reverse it. There are examples of people who managed to have fantastic results with this diet even in 10 days! I recommend this book very much!

Helpful

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fangfakuan2530lmd

5.0 out of 5 stars **Good One**

November 16, 2019

[Format: Kindle Edition](#)

This book will assist you with learning and see progressively about Emotional Intelligence. You will have the option to know how you will improve your enthusiastic aptitudes for you to liberate your self from control. The book was written in a straightforward manner for better and simpler comprehension.

Helpful

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Diane Boyle

5.0 out of 5 stars **Great read!**

November 18, 2019

[Format: Kindle Edition](#)

This e-book has masses of proper recommendation for those seeking to eat higher and manipulate their diabetes. A piece more kale and quinoa within the recipes than I would love but there are a few keepers as nicely.

Helpful

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Harold Thompson

5.0 out of 5 stars **Believe In This**

November 20, 2019

[Format: Kindle Edition](#)

Great read! Helped me to see where I was going wrong and helped me to identify where I needed to attack the shortcomings in my diet and exercise as it relates to my type 2 diabetes challenge. **This is a helpful book to permanent diabetes control. Highly recommended.**

Helpful

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Felice C

5.0 out of 5 stars **Helpful book.**

November 16, 2019

[Format: Kindle Edition](#)

Well-designed menu for a week. Recipes are well described and easy to cook. This book is the beginning of keeping secret controlling type 2 diabetes. My thanks to the author.

Helpful

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Showing 11-20 of 31 reviews



Marcia W. Marshall

5.0 out of 5 stars **Well Written**

November 23, 2019

[Format: Kindle Edition](#)

I enjoyed the book very much as I was starting up in the Addendum to Permanent Diabetes Control, this book has been invaluable help to start on the right path.

Helpful

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Amazon Customer

5.0 out of 5 stars **best guide.....!!**

November 6, 2019

[Format: Kindle Edition](#)

For controlling type-2 diabetes this book is the best guide for diabetic patients. It will help them to consult as a doctor by giving exercise tips for patients.

Helpful

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Laurie#67

5.0 out of 5 stars **Recommended to all**

November 11, 2019

[Format: Kindle Edition](#)

This book is so informative. All are describe clearly, those are easy to understand. I would strongly recommended to all for this great book. Thanks to author.

Helpful

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Krystin Trigger

5.0 out of 5 stars [Enjoyable book.](#)

November 16, 2019

[Format: Kindle Edition](#)

The best meals are simple meals, especially when healthy eating is the goal. Simple meals also require fast prep, which makes your life much easier.

Helpful

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Charles C. Allen

5.0 out of 5 stars [Good one](#)

November 23, 2019

[Format: Kindle Edition](#)

This is a great book to start with because starting with something that goes into too much detail can be overwhelming and might shy you away.

Helpful

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TARA

4.0 out of 5 stars [Helpful.....@](#)

November 18, 2019

[Format: Kindle Edition](#)

This is a very readable, informative book. Highly recommend, especially for those first diagnosed. Easy to read and not repetitive.

Helpful

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Spencer

5.0 out of 5 stars [Like this book.](#)

November 16, 2019

[Format: Kindle Edition](#)

Easy to follow. All recipes are rated according to difficulty thus, making this tool fool proof for the beginner.

Helpful

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tina camerer

5.0 out of 5 stars [Nice](#)

November 24, 2019

[Format: Paperback](#)

This is a valuable book for diabetes patients. I took this book for my grandfather he was benefited from this book.

Helpful

[Comment](#) [Report abuse](#)



Nathan

4.0 out of 5 stars [Good !](#)

November 18, 2019

[Format: Kindle Edition](#)

It is very helpful book on diabetes. I read this book and I have got success. So, I am happy to take this book.

Helpful

[Comment](#) [Report abuse](#)



katie

5.0 out of 5 stars [Secrets helpful](#)

November 17, 2019

[Format: Kindle Edition](#)

There is a lot to learn about type 2 diabetes, its diet and exercises. Its a complete guide.

Helpful

[Comment](#) [Report abuse](#)

Showing 21-30 of 31 reviews



Nahid Aminul

5.0 out of 5 stars [Prescribed!](#)

November 24, 2019

[Format: Kindle Edition](#)

The language is simple to read and the suggestions are easy to follow. Happy reading!!

Helpful

[Comment](#) [Report abuse](#)



Micheal Morgan

5.0 out of 5 stars [Great book!](#)

November 12, 2019

[Format: Kindle Edition](#)

From this book i have learned the way to control type 2 diabetes with diet and exercise.

Helpful

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Stasy tomaz

5.0 out of 5 stars [Great source](#)

November 24, 2019

[Format: Kindle Edition](#)

This book is pretty well written about diabetes. This book is nicely written.

Helpful

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James Grace

5.0 out of 5 stars [Amazing Book](#)

November 24, 2019

[Format: Kindle Edition](#)

This book is very actual and useful for every people nowadays.

Helpful

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Zolta

5.0 out of 5 stars [Excellent!!](#)

November 24, 2019

[Format: Kindle Edition](#)

I got a lot of information on all my questions.

Helpful

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Black boy

5.0 out of 5 stars [Great](#)

November 24, 2019

[Format: Kindle Edition](#) [Verified Purchase](#)

I recently found out I have the disease and use this book to educate myself. I have it on my Kindle which goes everywhere I go - in the car, to a doctor's appointment, etc. I learn a little bit at a time and the way the book is written makes it easy to remember.

Helpful

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Jason brody

5.0 out of 5 stars [I reversed my diabetes with this book!](#)

November 16, 2019

[Format: Kindle Edition](#)

If you only ever read one book for Diabetes this is it. I was diagnosed with Diabetes 16 years ago and wish I had this book then. Although I have controlled it with a low carb diet I have still occasionally suffered from symptoms that I associate with Diabetes side effects. I have been following the author with fasting over the last few months losing 30lbs but this book really put it all together for me. I can't tell you how grateful I am for all the effort and work he has put into this. It was an eye opener in so many ways, explaining the disease in ways I have never heard before but makes absolute sense.

Helpful

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Mst

5.0 out of 5 stars [Good](#)

November 24, 2019

[Format: Kindle Edition](#)

The book was able to explain in depth that Diabetes has three types: Type I, Type II and an unknown third type to me which is the gestational diabetes. How the condition affects our body and the clinical manifestations are all carefully detailed in book.

Helpful

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xiangyanchengxi2ds

5.0 out of 5 stars 5 stars*****

November 18, 2019

[Format: Kindle Edition](#)

Well Written! I bought this book for my Dad who was just diagnosed with diabetes. My Mom has already read it through and said it is a wonderful book with so many ideas to help my Dad. Great Book!

Helpful

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Rachel S

5.0 out of 5 stars Good book.

November 16, 2019

[Format: Kindle Edition](#)

If you really want to cook great tasting recipes that you and your family will love, and get really healthy from the inside out, then this is the perfect book for you.

Helpful

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