

Testimonial
Steve Sellin (2)

Sellin – Diabetes survivor

I have always had a fascination with [Deadly Harvest](#) and knew there was priceless information about nutrition and how it can improve your health without the necessary need of medications. After being diagnosed with Type 2 Diabetes in November, I turned to Geoff Bond and his [Deadly Harvest](#) book as a guide to help. In the book it mentioned many foods that were very beneficial to diabetics. So I started on an intense treatment plan that included plenty of exercise and made sure I stuck to what Geoff has said was good to eat. At first it was hard, but I kept my mind to the diet Geoff said and little by little I started to lose more and more weight. By New Year's I had lost 30 lbs. (13.6 Kgs), which was 6 weeks after diagnosis. By the end of March I had lost 50 lbs. (22.67 Kgs).

Today, I'm no longer on medication and continue to eat on Geoff's diet with intense exercise. What Geoff says in his book [Deadly Harvest](#) is very true and it makes you think about what you eat.

Unfortunately many foods today have so much sugar, fat, and cholesterol in them that it is no wonder the rate of worldwide diabetes and heart disease is not any higher. It may be much higher than we may think, but no one is saying anything. What the scary part of all is the big food distributors and manufacturing companies are not paying attention to people's health, but rather that of their profit. The media makes you think many foods are nutritious but when you read the nutrition labels, most of them are not because of so much sugar, fat, and cholesterol.

I urge everyone to read Geoff's book [Deadly Harvest](#) as it will improve your health. Stay focused and you will stay healthy.

Steve Sellin May 2012