



THE 30 DAY DIABETES CURE

Featuring The Diabetes Healing Diet™

Dr. Stefan Ripich: Sample Interview Questions

1. The bookstore shelves are filled with titles promising a natural diabetes cure. What makes *The 30-Day Diabetes Cure* different?
2. Why is your one-day-at-a-time, one-addition-or-subtraction-at-a-time easier for most people to follow?
3. You've written, "The great tragedy is that 99.9% of the four million people who will die from diabetes every year never realize they're wearing a parachute – and if they pull the ring they'd float gently down, landing unharmed (and even delighted by the descent!)" What's the parachute that can save you from free fall?
4. You've said that 100% of all Type 2 diabetics and pre-diabetics who follow your program have been able to cure and reverse their diabetes, and those with Type 1 have been able to lower their insulin dose by up to 80%. What do you tell people who just can't give up their double martini or their triple fudge sundae?
5. Influenced by the many TV commercials for diabetes paraphernalia, we tend to view diabetes as a relatively benign disease. Why is that image not true? Can Type 2 change into Type 1?
6. How does diabetes affect your biological vs. your chronological age? In a culture obsessed with looking and feeling young, people are generally not aware of this.
7. Diabetes is not an infectious disease; it's a self-inflicted one. Why aren't people getting the message?
8. What's the number one anti-diabetes food? And you say it's not sugar.
9. What common household spice that's already in almost everyone's pantry has the same effect as insulin on lowering blood sugar?
10. Why are whole grains bad to eat on a diabetic diet?
11. In *The 30-Day Diabetes Cure*, you talk about the best diabetes-healing breakfasts. What are some examples?
12. Why does diet soda, the beverage of choice for most diabetics, actually increase the risk of Type 2 diabetes by up to 67%?
13. And, related to this, what two all-natural, no-calorie sweeteners are perfectly fine for people with diabetes?
14. What are some fake "healthy" sweeteners that the industry has misrepresented and why are they as bad for you as high fructose corn syrup?
15. What's the link between diabetes and cancer?
16. How does *The 30-Day Diabetes Cure* go beyond the inflexible, hard-to-maintain diet or exercise regimens that usually rigidly prescribe down to the number of carrots or abdominal crunches?
17. A recent study showed that forcing blood sugar down to supposedly perfect levels through pills, insulin injections, finger pricking and other medical interventions actually resulted in more heart attacks and a higher death rate. What's the real key to reversing Type 2 diabetes?
18. Why does regular glucose monitoring actually hinder the healing process anyway?
19. Why does regular snacking help heal diabetes? And what are some of the approved Diabetes-Healing Snacks?
20. Why is conscious weight loss NOT an integral part of the diabetes cure? And why does it just happen as a by-product of *The 30-Day Diabetes Cure*?