



THE 30 DAY DIABETES CURE

Featuring The Diabetes Healing Diet™

Dr. Stefan Ripich **Author of *The 30-Day Diabetes Cure***

Known as the go-to guy for diabetics in the Santa Fe, New Mexico area who want to get off their meds and cure their disease, Dr. Stefan Ripich, ND, ANP, has been a licensed clinical practitioner for more than 20 years. Currently, he combines both naturopathic and allopathic training in a practice – The One Medicine -- founded on the principle of the body's amazing power to heal itself.

As the most prevalent disease in Western medicine, diabetes accounts for almost 40% of Dr. Ripich's practice. Over the course of his long career, he has treated thousands of patients, a large percentage of whom have had diabetes. He sought to combine the proven scientific findings that type 2 diabetes – the most common kind – is totally treatable, with his naturopathic training that uses a holistic approach, giving patients a simple, easy-to-follow, step-by-step system to heal themselves.



In short, combining Eastern and Western modalities, he sought to empower his patients; to give them the tools to live diabetes-free for the rest of their lives – without drugs, surgery or other medical interventions.

Dr. Ripich started his career with dual degrees from Case Western University as a Nurse Practitioner and a Clinical Specialist in Mental Health Nursing. He was one of only 40 people in the entire country to achieve both certifications, thereby successfully combining treatment of both the mind and the body to achieve a more holistic model.

In addition to holding clinical faculty positions at three universities, Dr. Ripich spent the next ten years practicing at the Palo Alto Veteran's Medical Center, where he also established the first V.A. holistic clinic, called Point of Balance.

At the urging of the doctors at the Center, he chose to go to medical school, but decided to go the naturopathic route, with its emphasis on helping patients stimulate the body's inherent ability to heal and repair itself. In a rigorous, four-year program, Dr. Ripich graduated from the Southwest College of Naturopathic Medicine in Tempe, Arizona.

In alignment with Dr. Ripich's philosophy, naturopathic medicine treats the entire person – not just the illness. It emphasizes prevention and lifestyle education as the cornerstones of true wellness, and always tries to uncover the underlying cause of health problems, rather than simply applying a "band aid" to symptoms. Such a philosophy is perfect for the treatment of diabetes, so responsive to diet and lifestyle modification.

A sought-after lecturer and practitioner in the Santa Fe area because of his successful diabetes program, Dr. Ripich founded The One Medicine in 2006. As always, he is guided by a philosophy of employing the best in both evidence-based natural treatments and Western allopathic medicine to achieve optimal results for his patients, both diabetic and non-diabetic. With *The 30 Day Diabetes Cure*, Dr. Ripich is now poised to help diabetics throughout the country. As his many patients will attest, the cure rate for those with Type 2 diabetes who follow his advice is 100%.