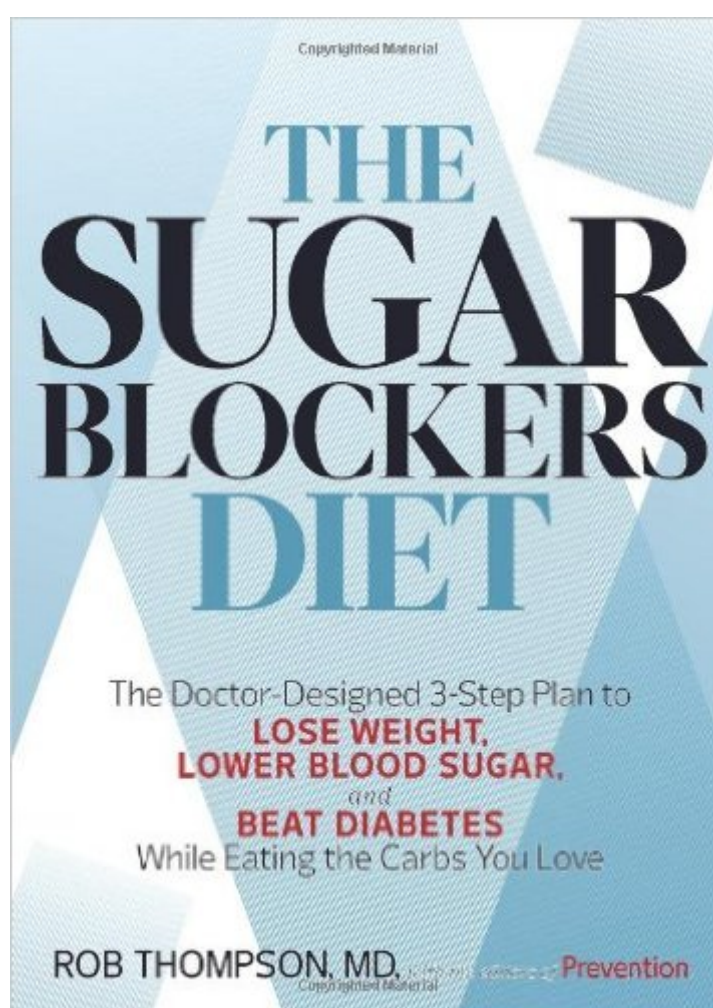


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# The Sugar Blockers Diet: The Doctor-Designed 3-Step Plan To Lose Weight, Lower Blood Sugar, And Beat Diabetes--While Eating The Carbs You Love



## Synopsis

This groundbreaking plan by Rob Thompson, MD, with the editors of Prevention® magazine teaches readers to outsmart blood sugar spikes so they can eat the carbs they love and still lose weight. Starches are one of the biggest culprits when it comes to the nation's weight problems. Starches spike blood sugar levels, which can make losing weight nearly impossible. Unfortunately, many of favorite foods-pasta, bread, rice-are the worst offenders. But who wants to cut out these delicious dishes and feel deprived? By focusing on certain foods that slow the effect of starches on blood sugar, The Sugar Blockers Diet offers a smart eating strategy that can be maintained for life. These foods, called sugar blockers, include all kinds of everyday foods from steak or cheese to vinaigrette or a glass of wine. Learning how to include these foods at every meal will not only help readers lose weight, but also help them reverse insulin resistance and defend against diabetes. In addition to a robust list of sugar blocking foods and strategies, the book includes:- more than 50 tantalizing, nutrient-rich recipes- an easy, fun walking plan proven to balance blood sugar and help the pounds melt away- a proven plan on which real men and women lost up to 18 pounds and 9 inches in just 6 short weeks

## Book Information

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## Customer Reviews

I don't know if I'd call this a diet book. I gave it a four star (instead of a three) because he goes into a lot of detail about how the foods he recommends block sugar. I found that to be really interesting and have not seen that anywhere before (i.e. some foods block sugar in our intestine and some

work on our livers and still others work in our stomach). I can attest to the fact that the vinegar sugar block and the extra virgin olive oil do work. I take a table spoon of olive oil a day broken up in three teaspoons a day in three meals to control my crazy craving for sugar and it works wonders. I just don't want candy anymore when I have my olive oil. I've switched to a salad dressing also that is mostly vinegar and oil and that helps as well. I do recommend the book, but he talks a lot about eating low G.I. too and the sugar blockers are to be used when you cannot eat low G.I.

Anyone who is borderline diabetic or has diabetes, this book has a wealth of wonderful information to help you gain control of your glucose, cholesterol, triglycerides, etc. I lost 6# the first 2 weeks following this very easy eating style change. It's not really a diet, it's just what foods to eat first. Very easy to follow.

The book is most excellent in knowledge, practical and reader friendly. I have modified my blood sugar habits and lost weight. Most importantly I feel much better. I am 65 and am experiencing a new body, much like the one I had years ago. Delighted !!!

I was diagnosed with Type 2 Diabetes just six months ago. It came as a shock and I did not want to believe it. My doctor told me to pay attention to glycemic load. Because I knew nothing about it I decided to study up before actually trying it, so I kept eating what I thought was a relatively good diet for diabetics. But I had a hard time understanding why my numbers were good one day, even though I thought I was creating, and not so good the next. After reading this book I now understand that I was accidentally doing the right thing by cutting out starch. But this book has provided me with so much information that I feel like for the first time I'm on the right path to losing weight and controlling my diabetes. And now that I understand how my medication works and why, I no longer fight my doctor about taking it. Thank you for finally having the answer.

I really like this book. I have another book by this author as well, the Glycemic Load Diet and the companion cookbook which has a recipe for curried cashews that are to die for .. so good! This book expands on the Glycemic Load Diet and he gives all kinds of tips to block sugar absorption from a meal. I recommend both books. If you have a hard time following a low carb diet and always fall off or have extreme cravings all the time.. like me :) then low glycemic is the way to go. You can even have candy on his plan and still lose.

I am a bit overweight - trying to lose but it is slow. With all of the ads on TV and warnings from TV doctors about diabetes, I was afraid that I might be headed in that direction. With tests, I discovered that so far at the age of 65, I am not even pre-diabetic, but I considered this book's suggestions about blocking the bad effects of high glycemic foods as a healthy way to help avoid this disease while I continue to lose weight. I would recommend this book to anyone who is concerned about the possibility of this disease.

This book is incredible. You can do it! It really works. I was working out and counting calories and couldn't lose weight because I was having blood sugar problems. I've lost 6 lb. and 5 inches in 3 weeks. I don't feel tired anymore! No more low blood sugars!

Tells how to control BG levels easily by using such foods as vinegar & oil (read "salad"); by eating food in a certain order; and by exercise. Explains why/how these methods work, so that the reader is convinced & understands the rationale behind the conclusions, rather than blindly following instructions. Presents his pertinent background information to establish his credibility as a source. I'd recommend this book without qualification to anyone, but especially to Type 2 diabetics.

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