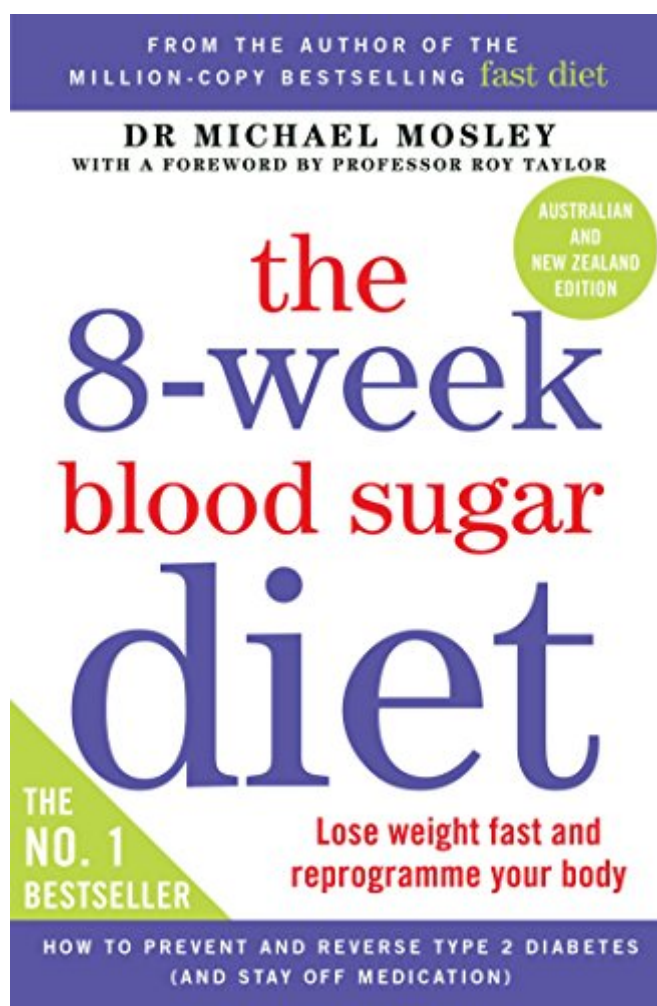


The book was found

The 8-Week Blood Sugar Diet: Lose Weight Fast And Reprogram Your Body For Life



Synopsis

Dr Michael Mosley, author of the bestselling 5:2 Fast Diet, reveals a game-changing approach to one of the greatest silent epidemics of our time – raised blood sugar levels. Our modern diet, high in sugar and easily digestible carbohydrates, is not only making us fat, but is putting us at risk of type 2 diabetes, strokes, dementia, cancer and a lifetime on medication. Close to a quarter of adults in Australia and New Zealand now have raised blood sugar levels or are at risk of developing diabetes – and most don't know it. In this timely book, Dr Mosley explains why we pile on dangerous abdominal fat and shows us how to shed it, fast. He demolishes common myths, such as the claim that steady weight loss is always better than rapid weight loss and that those who lose weight rapidly will inevitably put it back on. This is a book not just for those at highest risk but for anyone who has struggled with their weight and wants to regain control of their health. **INCLUDES A DETAILED 8-WEEK PROGRAMME WITH MENU PLANS** The 8-Week Blood Sugar Diet – Draws on the latest scientific studies and weaves in moving stories... conveys real understanding of the greatest health problem of our time. – Professor Roy Taylor, University of Newcastle, UK

Book Information

File Size: 43387 KB

Print Length: 234 pages

Publisher: Simon & Schuster Australia (December 28, 2015)

Publication Date: December 28, 2015

Language: English

ASIN: B0167565CS

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #6,681 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2 in Kindle Store > Kindle eBooks > Medical eBooks > Diseases > Diabetes #3 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes #4 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General

Customer Reviews

I am 3 weeks into this diet and want to tell you my story to help you decide if this diet is for you. I have a strong family history of diabetes. My mum was type 2 and struggled with her weight all her life, my father was a late life insulin dependant diabetic and was morbidly obese, my maternal grandmother had type 2 and my son was diagnosed with type 1 at two years of age. I had gestational diabetes, requiring insulin, and was told that I was almost certainly likely develop full diabetes when I got older. I'm 45 now and have struggled with my weight for two decades but am not diabetic as yet. But in the last ten years, I have been unable to lose weight when following countless conventional diets. I am five stone overweight. I was even stuck on Dr Mosley's 5/2 diet. So, I went along to my GP and told him that even though I follow diets to the letter and am very good at sticking to them, each one was failing to work. I kept getting stuck - and therefore bored - and giving up. He looked as though he didn't believe me, then told me weight loss was a simple equation: less calories in, more expended. Then he offered me Orlistat, which I declined. When trying the 5/2 diet, I asked for a glucose tolerance test so that I could measure any improvements, to which my GP informed me they no longer do these as they consider them useless nowadays. So, in short, my GP is not interested in doing anything other than issue drugs to me and will no doubt be ready to give me insulin when diabetes finally (& supposedly inevitably) arrives, whereby he can pass me on to the hospital and write many, many prescriptions for insulin, helping the drug companies get richer. Forward wind to today, 3 weeks into the Blood Sugar Diet and where am I? Ten pounds lighter - in three weeks.

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The 8-Week Blood Sugar Diet: Lose Weight Fast and Reprogram Your Body for Life
Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included
Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Sugar Gliders: The New Owner's Guide to Sugar Glider Care (Sugar Glider, Sugar Glider Care, Sugar Glider Books, Sugar Glider Facts, Pet Sugar Glider Book 1) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox

Cleanse) Dash Diet: Dash Diet For Weight Loss: Your Dash Diet Cookbook And Guide, Lose Weight Fast, Lower Blood Pressure, And Live A Healthy Life (Dash Diet, Dash ... For Weight Loss, Dash Diet For Beginners) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Diabetes: Diabetes Diet: The Top 100 Diabetic Foods to Eat for a Highly Effective Diabetes Diet and 15 Diabetic Recipes to Lower Blood Sugar: Diabetes ... Diet, smart blood sugar, sugar detox Book 4) Lower Your Blood Sugar For Diabetes: An Essential Treatment Guide For Diabetes (Beginners Guide to Reverse Type 2 Diabetes, insulin Resistance, Inflammation) ... blood sugar diet, the blood sugar solution,) Blood Sugar Solution and Cure Diabetes - How to reverse diabetes, lose weight quickly and Lower Blood Sugar. Type 2 Diabetes diet, Insulin Resistance diet and Diabetes Cure for Healthy Living Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet, diabetes, reverse type 2, atkins) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Blood Sugar: Everything You Need to Know About How to Easily and Safely Manage Your Blood Sugar 2nd Edition (Sugar Addiction, Flat Belly, Diabetes Cure, ... Detox, Type 2 Diabetes, Body Cleansing) The Slow Carb Diet: My Journey Of Fat Loss And How To Lose 10-15 Pounds Per Month (slow carb, weight loss motivation, healthy diet cookbook, paleo diet, low carb, lose weight fast, diet motivation) DIABETES: The Worst 20 Foods For Diabetes To Eat And the Best 20 Diabetic Food List, Meals And Diabetes Menus To Lower Your Blood Sugar (HOT FREE BONUS ... Diet, smart blood sugar, sugar detox) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight)

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