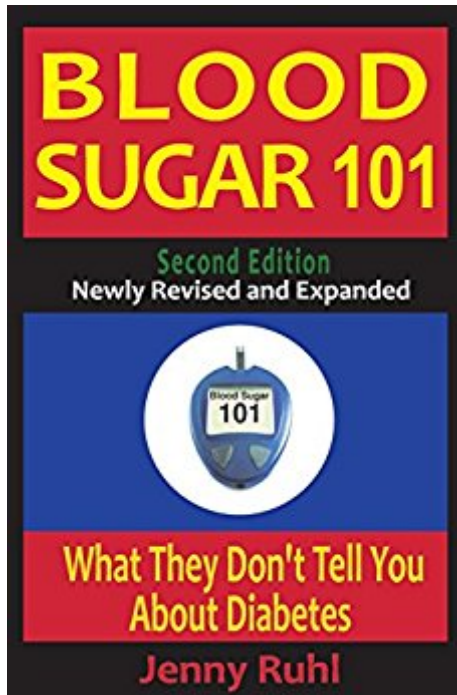


The book was found

# Blood Sugar 101: What They Don't Tell You About Diabetes



## Synopsis

In this brand new edition, revised and expanded for 2016, you will learn what peer-reviewed research published in top medical journals has to say about: + What is a normal blood sugar? + How does diabetes develop? + What really causes diabetes? + What blood sugar levels cause complications? + Must you deteriorate? + What diet is right for you? + How can you make that diet work? + What medications are safe? + What supplements lower blood sugar? + What kinds of exercise are best? Written in clear and understandable language, this book provides all the tools you need to understand how your blood sugar works. The time-tested techniques you will learn from it will enable you to lower your blood sugar to the truly normal levels that prevent or reverse complications and restore normal health."this book should be read by all diabetics because of the valuable material that cannot be found elsewhere." --Dr. Richard K. Bernstein

## Book Information

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## Customer Reviews

This book is simply outstanding, highly recommended if you have diabetes, prediabetes, or just want to know more about how to keep this from happening to you. The core message of the book is (1) that blood sugars over 140 are damaging, and that you should keep your blood sugar below this

level all the time, and (2) that keeping your blood sugar below 140 is something that everyone can do. The problem with blood sugars over 140 is that they cause diabetic complications: increased heart attack risk, nerve problems, eyesight loss, kidney problems, blood vessel and circulation problems that can lead to amputations, etc. High blood sugars also accelerate damage to your pancreas, so that you get ongoing higher and higher blood sugars, a vicious circle. Not fun stuff. The best early warning sign that your blood sugars are spiraling out of control is your peak blood sugar after a meal. If your blood sugar spikes to over 140 after eating, you need to start working on it. The best way to check it is to buy a low-cost over-the-counter blood sugar meter at your local pharmacy, and check your readings at 1, 1.5, and 2 hours after a typical meal. The problem with fasting blood sugar as an indicator is that this is the last to go. You can have normal fasting blood sugars and high after-meal peaks for a long time, then "overnight" have very high fasting blood sugars when your system loses the ability to recover. Only when you show high fasting blood sugars will your doctor start treating you. The best solution for high peak blood sugars is to reduce carbohydrates, which lowers the amount of blood sugar that your metabolism has to cope with.

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