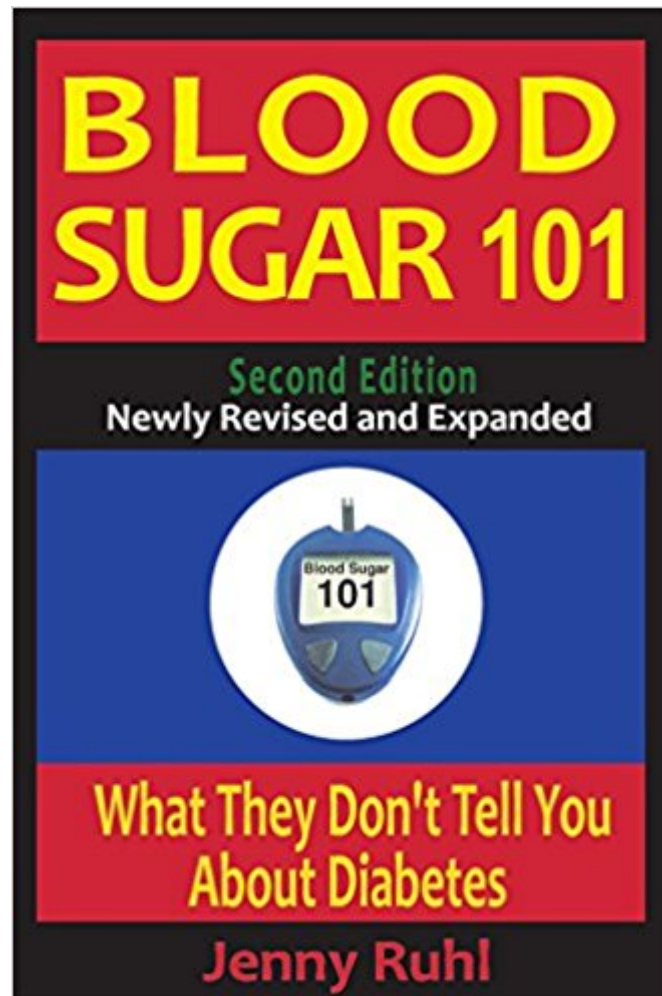




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# Blood Sugar 101: What They Don't Tell You About Diabetes



## 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

Having recently been faced with this issue, I have been wanting to read the straight dope on the subject. My physician painted a less-than optimistic picture and told me to "eat a little fish and some greens, but little else." She also gave me some blood sugar numbers to shoot for which I now

believe are way to high! I'm glad I am doing my own research and I have found this book to be highly informative and encouraging! I believe I can have an intelligent conversation with my physician on the subject. One drawback for me was Ruhl's comment Re: the Vegan Diabetes Diet, "I have yet to hear from anyone who has normalized a diabetic blood sugar by eating an exclusive vegan diet. Perhaps they are out there, but if so they are an oddly quiet group." Well, I was vegan to start with, and so, I found this comment dis-heartening. (Does Ms Ruhl recommend us vegetarians to start eating meat?) But, I have been following Dr, Fuhrman's "End of Diabetes" diet and have already, in one months time dropped my blood sugars considerably. I have also lost 11 lbs. I am very near a "normal" range. This prospect of diabetes scared me half to death. My parents both had it. I was desperate for information! I found Jenny Ruhl's book to be of great value. I now have hope and confidence to deal with this, but I just want to say to Jenny, "I am thriving on a vegan diet (cutting carbs) and improving my numbers greatly!" I know it's not for everyone. Neither is eating meat! Thanks for a great book. Just don't forget us vegetarians!

I bought this book after finding it on the blood sugar 101 website. It was fascinating, and I couldn't put it down. Everything I read rang true, and the book is DENSE with facts and studies -- not just opinion and hype.. I had come back from the doctor with 6.3 A1C, and she told me "its not a matter of if but when" for type 2. That seemed like BS. She also said that there was little to be done about it -- just wait until it gets higher then take meds. WTF! So I found this...and have reduced my A1C to below 6. I also encourage you to watch Jason Fung's youtube videos; very complementary. If you want to take control of your high blood sugar, your type 2, or metabolic syndrome -- this is the book for you. If you don't care and you just want the doc to prescribe something until you go blind or lose your legs... don't bother.

The headline really says it all. You can read newsgroups, consult specialists review medical journals & invest 1-2 years of your life to figure out diabetes. Alternatively, you could read this book in less than 5 days and learn everything you will need. Jenny has put together is everything you need to know (and some stuff you don't). The content does not debate who is right or wrong in the therapeutical vs pharmaceutical views we see everywhere, this book simply tells you what works and what doesn't, as has been measured by tens of thousands of people. It recognizes we are all different, so this will tell you how to figure out what works for you & only you! Buy it. Read it. Live it. You deserve your life back

Great practical and real information. I was pre-diabetic II and simply by following tips here and monitoring my blood sugar to get a feel for how my body responded to different kinds of foods and timing etc. I was able to get amazing reversals. Went to low glycemic high-fiber carbs, cut out all processed grains, cereals and sugars and went higher good-fats and protein in conjunction with rigorous gym and cardio and in 4 months lost 40 pounds and got my blood sugar under control and well into the safe zone. My practical info I got was learning that a mere 140 mg/dl was dangerous. The doctors say that we are OK if we keep blood sugar under 200 mg/dl. But the evidence is that damage starts to occur at 140 mg/dl and odds of developing full blown diabetes II go up rapidly once in this range. This kind of practical info should be mandatory reading as part of public school nutrition education (and this should be mandatory as well).

Too bad this wasn't the first book I read on managing diabetes; it would have saved me a lot of Googling... This is a great book for all those answers in a clear and compact form. Some of the material is extraneous but overall I would recommend it as the best starting place. Now, there are lots of other really good books that I would highly recommend as essential to follow up learning about and controlling diabetes (and overall health for that matter), but start with this one.

This is THE book to get. Very well written, very informative even if you think you already know it all. Much better than the Bernstein book. You get practical advice that works rather than advice that should work. In my case, blood glucose goes up even if I do not eat any carbs! This book also references scientific studies and discusses them. As a chemist, I appreciate that. It insists on controlling blood glucose increases after meals as well as lowering the A1c test in the 5% range. I bought an at-home A1c test here on for about 20\$/test and I was higher than I would have thought. I am now working on lowering this to within 5%.

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