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The 8-Week Blood Sugar Diet: How To Beat Diabetes Fast (and Stay Off Medication)

DR. MICHAEL MOSLEY

Lose Weight and Live Longer

THE **8-WEEK**
BLOOD
SUGAR
= DIET =



Synopsis

Our modern diet, high in low-quality carbohydrates, is damaging our bodies - producing a constant overload of sugar in our bloodstream that clogs up our arteries and piles hidden fat into our internal organs. The result has been a doubling in the number of type 2 diabetics as well as a surge in those with a potentially hazardous condition - prediabetes. It is now known that even moderately elevated blood sugar levels can trigger heart disease, stroke, dementia, and cancer. Scientists have recently demonstrated that you can prevent and even reverse type 2 diabetes with a simple change in diet and lifestyle. Drawing on the work of professor Roy Taylor - one of the UK's foremost diabetes experts - and his own experience as a onetime diabetic, Dr. Michael Mosley presents a groundbreaking, science-based eight-week plan for diabetics who want to reverse their condition (and then stay off medication). He also offers a more flexible regime for people interested in the extensive health benefits to be gained from lowering their blood sugar levels and shedding dangerous fat.

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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.

I loved Dr. Mosley's book, "The FastDiet". In that book he shares how to use intermittent fasting to lose weight. Instead of the drudgery of dieting seven days a week, you lower calories (500 for women, 600 for men) two days a week and eat normally the other days. I had some success initially and I love the concept but found it hard to stick with 500 calories on fast days because of blood sugar issues. I am convinced fasting works from the fasting Facebook groups I participate in (the before and afters are amazing) but because of blood sugar decided to try traditional diets again (which sucked :(). Then I came across a video by Dr. Jason Fung on how to cure diabetes. In the video Fung, the author of The Obesity Code, shares how insulin resistance and diabetes can be cured with fasting. The video inspired me to revisit Intermittent Fasting and I came across Dr. Mosley's new book. "The 8 Week Blood Sugar Diet". Studies have shown that when people with type 2 diabetes have bariatric surgery which forces a reduction in calories, they not only lose weight but in many cases their blood sugar returns to normal. This indicates that diabetes and insulin resistance are reversible. However, not many people can or want to go to the expense or pain of weight loss surgery. But if you are motivated enough you may be able to achieve the same benefits with Dr. Mosley's blood sugar diet plan. In the plan you eat a very low calorie diet - 800 calories a day for eight weeks. Because you combine it with a Mediterranean diet keeping your insulin levels on an even keel you are more likely to stick to it and do it. However 800 cals a day - day after day, requires a lot of discipline.

This is a very well-written book. Although he's a medical doctor and researcher, Michael Mosley has a gift for presenting information in a kind of "we're all in this together" kind of way. He presented not only breakthrough information, but also wrote at length about his response to the doubtful and the naysayers, which will help a lot of people who attempt the diet. I gave a 4-star review rather than a 5-star review for a few reasons. First, I was very surprised at the inclusion of fruit juice and dried fruits in a supposedly low-glycemic diet; it may well be that the amounts are small enough (in recipes) to be inconsequential, but I would worry that people might see those and think, "Oh, dates are allowed!" It would have been a good idea to include a list of foods and their glycemic load, for point of comparison, and also to expand a bit on the idea that glycemic response changes significantly when you eat a high-glycemic food with fat, protein, vinegar, fiber, etc. (Thanks to Rob Thompson's books for teaching me that.) I see lots of people on the website eating apples (not all that low glycemic-- actually one of the higher glycemic fruits) by themselves, rather than with maybe a bit of cheese or nut butter, which would slow the glycemic response. Would also have been good to include information about not eating too much carbohydrate at any one sitting. Even if your carbs are restricted to as few as 50 per day, they still should be divided up. Studies have apparently shown that over 25-30 gm in one sitting will cause an insulin spike. (Can't remember where I read that, but I think it was in The Perfect Health Diet.

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