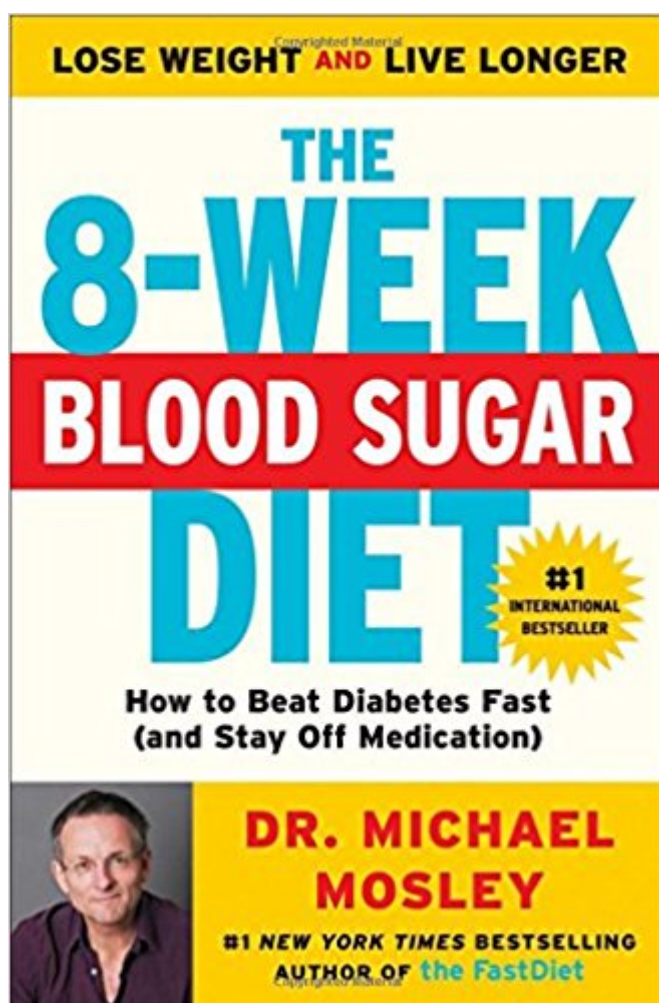


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# The 8-Week Blood Sugar Diet: How To Beat Diabetes Fast (and Stay Off Medication)



## Synopsis

Discover the groundbreaking method to defeat diabetes without drugs using the step-by-step diet plans and recipes from #1 New York Times bestselling author Dr. Michael Mosley. The 8-Week Blood Sugar Diet is a radical new approach to the biggest health epidemic threatening us today... Our modern diet, high in low-quality carbohydrates, is damaging our bodiesâ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 conditionâprediabetes. It is now known that even moderately elevated blood sugar levels can trigger heart disease, stroke, dementia, and cancer. But 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 Dr. Roy Taylorâone of the UKâs foremost diabetes expertsâand his own experience as a one-time diabetic, Dr. Michael Mosley presents a groundbreaking, science-based, 8-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. As Dr. Mosley says, it is never too late to act.

## Book Information

Paperback: 256 pages

Publisher: Atria Books; Reprint edition (December 27, 2016)

Language: English

ISBN-10: 150111123X

ISBN-13: 978-1501111235

Product Dimensions: 5.5 x 0.6 x 8.4 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 192 customer reviews

Best Sellers Rank: #30,937 in Books (See Top 100 in Books) #26 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #158 in Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases #476 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

"A great practical introduction into the field of high intensity exercise. The personal perspective matched with references to the both old and new scientific literature provides compelling

reading."--Carl Johan Sundberg, MD, PhD, Professor, Dept. of Physiology & Pharmacology, Karolinska Institute, Stockholm, Sweden

Praise for Dr. Michael Mosley's FASTEXERCISE: A nice narrative introduction to HIIT... excellent practical advice on how get started with Fast Exercise and some really nice tips on how to keep going... informative, easy to understand... offers not only good health but a host of spillover benefits besides... Fast Exercise is the way of the future. --Professor Stuart M. Phillips, Ph.D., FACSM, FACN

"A great practical introduction into the field of high intensity exercise. The personal perspective matched with references to the both old and new scientific literature provides compelling reading. --Carl Johan Sundberg, MD, PhD, Professor, Dept. of Physiology & Pharmacology, Karolinska Institute, Stockholm, Sweden"

Dr. Michael Mosley is the author of The Clever Gut Diet, The 8-Week Blood Sugar Diet, and the coauthor, with Mimi Spencer, of the #1 New York Times bestseller The Fast Diet, which has been published in over thirty-two languages around the world. He is also coauthor, with Peta Bee, of Fast Exercise and wrote the foreword for The Fast Diet Cookbook by Mimi Spencer and Dr. Sarah Schenker. Dr. Mosley trained to be a doctor at the Royal Free Hospital in London before joining the BBC, where he has been a science journalist, executive producer, and, more recently, a well-known television personality. He has won numerous television awards, including an RTS (Royal Television Award), and was named Medical Journalist of the Year by the British Medical Association.

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 haven't been able to lose that much weight on anything in a long, long time. And what is greatest about this, is that I'm NOT hungry. I'm no longer a slave to food. I feel fine - admittedly the first 3 days I felt like hell as I came off all the sugar/white carbs but from then on this has been a life-changing diet. Because I actually feel wonderful, clear-headed and able to continue for sure. And as an added bonus I am sleeping better than I have in years! This diet holds the key to eradication of obesity for the entire western world. Because you must quit sugar, and thinking about that has opened my eyes to the amount of foods that contain it. They say sugar is the new tobacco. They are right. Sugar is making us fat... and hungry. In just 3 weeks of cutting it out, my appetite is under control for the first time in years. I'm sticking with this. Five weeks to go and then a continued lifestyle change afterwards. Thank you, Dr Mosley. I would like to add that the recipes are a little complex for busy families, as other UK reviewers have pointed out, but this isn't a hard diet to adapt. It just takes some forethought and planning and this book does give you all the background and information for you to make informed choices.

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. If you have difficulty sticking to such a low calorie count for eight weeks he has a variation of this (explained below) which is a lot easier and very doable. Dr. Mosley's plan is a three-pronged approach; diet, exercise and mindfulness. The diet: In the book Mosley sites examples of people who have stuck to 800 and enjoyed astounding results. But as soon as I saw 800 calories a day for eight weeks, I knew it was a no-go for me. I am not that disciplined but fortunately Mosley has another option. You can also do 800 calories two days a week and eat the Mediterranean way the other days. BINGO! It just hit me as the right way to do it for me. Before when I tried fasting I had difficulty sticking to 500 calories but 800 was very doable. In addition, I like the idea of the delicious Mediterranean way of eating the rest of the week for health and to keep blood sugars level. Naturally weight loss will be slower but the trade off is worth it for me. On his website he also says folks who can't tolerate fasting can do the Mediterranean diet 7 days a week. The second prong to the plan is a simple exercise program which includes walking (building up to 10k steps a day) and weight training (3x a week) and if you like you can add in high intensity training. I love the exercise program because like the eating plan it is very doable. And finally Mosley includes mindfulness to release stress and tension. He recommends an app and shares guided exercise for breathing and relaxation. The back of the book includes 50 recipes with calorie counts; Breakfasts and Brunches, Soups, Salads and Lunches, Suppers, Quick and Easy and Guilt Free Baking. Sample recipes included are Yogurt with Passion Fruit and Almonds, Ricotta, Pear and Walnut Salad, Cheesy Baked Beans, Spicy Chicken and Lentils. I really like the Simple Suppers section which includes five ways to jazz up a chicken breast, three ways with cauliflower rice, three quick soups etc. So I devoured the book and started with the 800 calories right away. 800 calories was just enough that I felt a little hungry but wasn't ready to chow down on dirt - very doable. I popped on the scale this morning and was down. I also feel less bloated and so motivated! So now I'm off to get in some of those 10K steps. I will keep you updated on my progress! UPDATE: Dr. Mosley's work on IF (intermittent fasting) has totally changed my approach to weight loss. I am a member of several IF groups and members have had phenomenal results. However, I have found that eating 800 calories two days a week is hard for me to stick with long term. So I am following a 16:8 intermittent fasting plan (fast for 16 hours, eat in an 8 hour time frame). I find 16:8 very easy to do. The best weight loss plan is the one you can stick with!

week 5 and have lost 26 lbs feel great and not hungry

dropped 16 pounds already and doesn't feel deprived. I feel great and been off medication for a while

It is nice to have options other than drugs and surgery. I would try this before I give up my body to the doctors and pharmacists.

LOVE THE BOOK, TRYING THE DIET, BRILLIANT. XXXX

Tried the 8 week diet and changed my pre diabetes results to normal readings. Stopped taking all meds after the diet.

I give it 3 stars as the science was interesting but there is no guidance as to percentages for different nutrients except for grams of protein and overall 800 calorie count. He says what you should and shouldn't eat but if oatmeal is okay, can I eat 3 bowls? Also, there are recipes but no nutritional information except for calories and a recipe for "no carb muesli" I calculate has 80 grams of carbohydrates when you count 1 tablespoon of raisins and 1/4 cup of apple juice, more carbs than 2 cups of oatmeal.

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