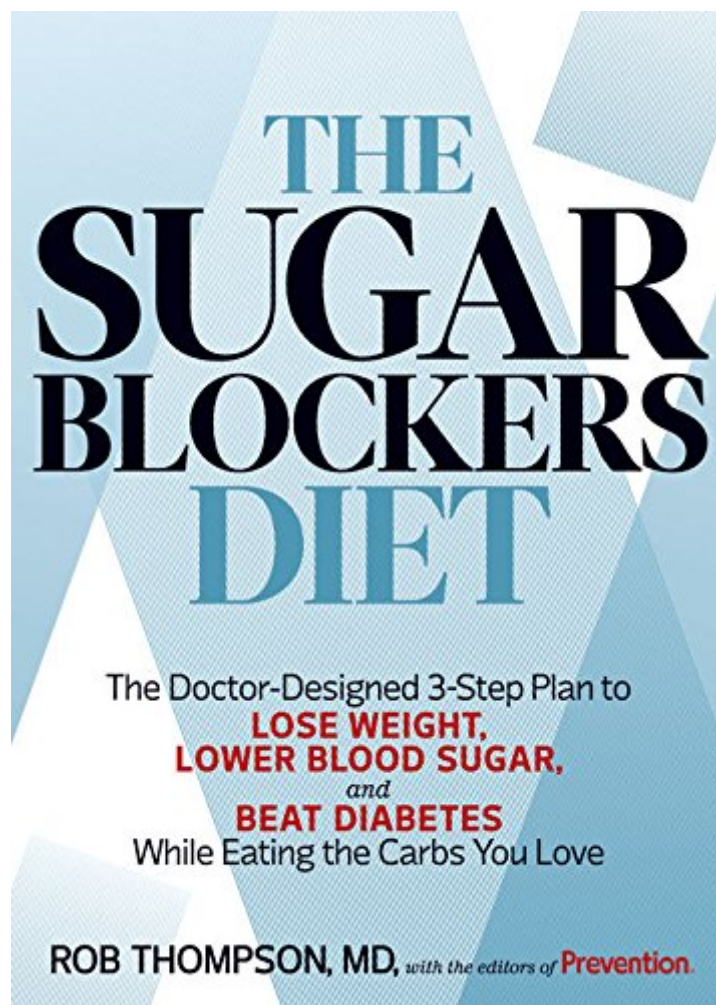




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# The Sugar Blockers Diet:~ The Doctor-Designed 3-Step Plan To Lose Weight, Lower Blood Sugar, And Beat Diabetes--While Eating The Carbs You Love





## Synopsis

Science now knows that starches are one of the biggest culprits when it comes to the nation's weight problems. Starches spike our blood sugar levels, which wreaks havoc on our bodies and make it near impossible to lose the pounds. Unfortunately, many of our favorite foods such as pasta, bread and rice are the worst offenders! But who wants to cut out these delicious dishes and feel deprived? The Sugar Blockers Diet solves this dilemma by highlighting common foods with the power to squash blood sugar spikes when eaten 30 minutes before a starchy meal. This innovative eating plan opens up a world of previously forbidden foods to people with diabetes. Readers can enjoy starchy pastas, cakes, and more in moderation when they remember to take a dose of everyday foods like nuts, pickles, or a glass of wine. There's no need to count calories, carbs, fat, sodium, or anything else on the Sugar Blockers Eating Plan. By emphasizing low-glycemic load and sugar-blocking foods, readers automatically cut calories and lose weight, improving their blood sugar, cholesterol, mood, and energy along the way.

## Book Information

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## Customer Reviews

I was diagnosed with Type 2 Diabetes just six months ago. It came as a shock and I did not want to believe it. My doctor told me to pay attention to glycemic load. Because I knew nothing about it I decided to study up before actually trying it, so I kept eating what I thought was a relatively good diet for diabetics. But I had a hard time understanding why my numbers were good one day, even though I thought I was creating, and not so good the next. After reading this book I now understand that I was accidentally doing the right thing by cutting out starch. But this book has provided me with so much information that I feel like for the first time I'm on the right path to losing weight and controlling my diabetes. And now that I understand how my medication works and why, I no longer fight my doctor about taking it. Thank you for finally having the answer.

The book is most excellent in knowledge, practical and reader friendly. I have modified my blood sugar habits and lost weight. Most importantly I feel much better. I am 65 and am experiencing a new body, much like the one I had years ago. Delighted !!!

I really like this book. I have another book by this author as well, the Glycemic Load Diet and the companion cookbook which has a recipe for curried cashews that are to die for .. so good! This book expands on the Glycemic Load Diet and he gives all kinds of tips to block sugar absorption from a meal. I recommend both books. If you have a hard time following a low carb diet and always fall off or have extreme cravings all the time.. like me :) then low glycemic is the way to go. You can even have candy on his plan and still lose.

After purchasing other Glycemic Index diet books, this is the author - and books - I went with. Of several books by Rob Thompson, I feel this one is the best. The Glycemic Load approach makes more logical sense to me over Glycemic Index. Plus this book teaches you how to block blood glucose spikes by eating starch (sugar) "blockers" before eating a portion of sweet potato. This is so easy it shouldn't be called a diet. No hunger cravings. I've dropped 12.5 lbs in last 6 weeks by eliminating fruit juices (but NOT raw fruit) and minimizing starch. - I've gone from a 28 BMI to a 26 BMI but my actual goal is a waist-to-height ratio below 50%. I'm using bone broth as a bone/ joint medication which helps with diet total calorie count. In fact, I may have to actually over-eat if trend continues because weight loss is too rapid and I risk losing muscle.

truly a miracle book for my husband that has been diagnosed with type II diabetes!!!! TRULY a

MIRACLE because my husband is able to follow the advice easily and happily. I read reviews and take most with a grain of salt BUT this time, I have to post because we are so happy we have this man's advice!!! We put the first tips into practice and my husband saw an IMMEDIATE difference in his blood sugar readings. His doctor had him on 1500 mg of metformin AND an additional medicine called Onglyza. This drove me nuts. I have my own feelings that being on all of these meds but not tweaking your diet properly makes your body dependent on the meds...causing you to take more and more and eventually be on insulin. My sister recommended the book for weight loss but I started reading it for my husband. He is now OFF of Onglyza and down to 1000 mg of metformin.....when he shows his numbers to the doctor, he may be able to reduce further. This book is for EVERYONE..I am having my 17 year old son take heed and he, too, is happy to follow the advice and diet recommendations. He doesn't want to end up hurting his body with too much sugar.

I am a bread lover, so when my doctor said my HA1C number was 5.7 and my fasting blood sugar was 108, I took notice and bought this book. That was about 6 months ago. My total cholesterol was 211, which isn't THAT bad. My triglycerides were 135 and LDLC was 122. Ouch! Thankfully, my HDLC was 62. Anyway, I started following some of the suggestions that I read in this book and last week I had blood work again. My HA1C is now 5.5 which is normal. My fasting blood sugar was 82. 3 months ago, my fasting blood sugar was 96. So the trend has been downward. My total cholesterol from my latest blood work is 171, with triglycerides at 67, LDLC at 97, and HDLC at 61. I am very happy that these dietary changes appear to really work. I have been eating more salads, particularly at lunch. Also, I have cut way back on breads and only eat some after I have eaten some protein. Amazingly, I am not bread starved either. I have even lost a couple pounds, but I am not overweight anyway. I highly recommend this book. Easy to read, entertaining and it works!

This is a really great book. If you're a fan of Dr. Thompson's other glycemic load books, you will love this one. The information just builds on what the other books have. Although personally, I just prefer to keep my glycemic load very low and have no need for sugar blocking higher glycemic load carbs, I found a wealth of information I didn't find in prior books (although they are very highly recommended as well!). For instance the very comprehensive glycemic load charts, how to figure glycemic load from conventional listings, and much more make this book invaluable. It's just loaded with all the latest information on glycemic load and diet. This book is one great addition to Dr. Thompson's glycemic load series. I hope he continues writing books on glycemic load. Highly

recommended.

I am a bit overweight - trying to lose but it is slow. With all of the ads on TV and warnings from TV doctors about diabetes, i was afraid that I might be headed in that direction. With tests, i discovered that so far at the age of 65, I am not even pre-diabetic, but I considered this book's suggestions about blocking the bad effects of high glycemic foods as healthy way to help avoid this disease while I continue to lose weight. I would recommend this book to anyone who is concerned about the possibility of this disease.

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