



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

By Michael Mosley

Atria Books, United States, 2016. Hardback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book. A groundbreaking guide to defeating diabetes without drugs including a step-by-step diet plan, recipes, and the science behind why the program works from #1 New York Times bestseller Dr. Michael Mosley whose life-changing FastDiet series brought on a health revolution ( New York Times ). 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 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...



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