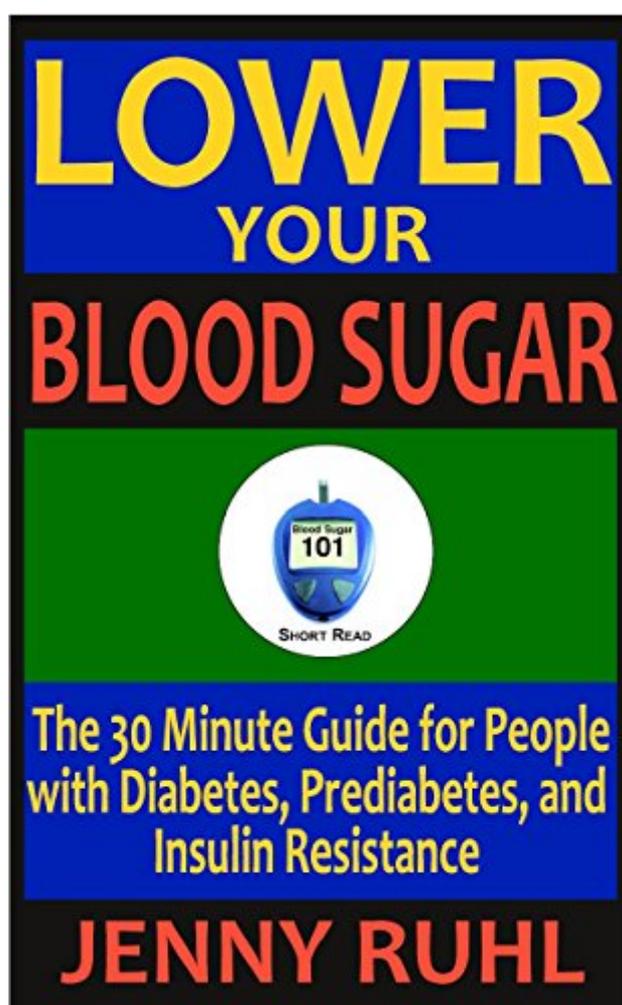


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# Lower Your Blood Sugar: The 30 Minute Guide For People With Diabetes, Prediabetes, And Insulin Resistance (Blood Sugar 101 Short Reads)



## Synopsis

Designed to be read in 30 minutes, this Blood Sugar 101 Short Read presents the essential facts you need to know to lower your blood sugar to a level that will restore you to normal health. The method presented in this book has been used by thousands of people in the online diabetes community. It works. Best of all, it lets you craft a diet tailored to your own unique needs, made up of foods you enjoy eating, that does not require you to starve yourself, go to extremes, or give up whole categories of food. This short read presents the essential facts and blood sugar-lowering strategy that are documented and discussed at much greater length in Jenny Ruhl's full-length book, Blood Sugar 101. If you have the full-length book, there is no need to download this version, unless you wish to lend it to friends.

## Book Information

File Size: 218 KB

Print Length: 21 pages

Simultaneous Device Usage: Unlimited

Publisher: Technion Books (August 31, 2014)

Publication Date: August 31, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00N7RC200

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #129,601 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #49

in Kindle Store > Kindle Short Reads > 30 minutes (12-21 pages) > Health, Fitness & Dieting #55

in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #66 in Kindle Store

> Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes

## Customer Reviews

I'm trying out her theory this week. It seems far superior to the advice of young dietitians who don't have the life experience I have. Keeping my blood sugar low is my main health goal. I may add to this review after I see how it works for me. Two weeks later: This process is lengthier than I

expected, but WOW has it revealed how my body reacts to carbs, etc. If you have ever wondered how/why your blood sugar is higher in the morning than it was at bedtime, her book will help you learn some tricks for dealing with that. My goal is to keep the spikes from being so high, so I test at intervals of 1 hour and 2 hours after a meal and then wait until it is in the low range I desire before I eat the next meal. That's just me and how I do it. For me, I am like a beagle chasing rabbits. I am so engrossed in seeing what happens next in reaction to what I've just eaten. OR it keeps me from grazing because I don't want a spike. To be continued.....

Everyone should read this book and run their own tests. It is not just for those with diabetes. It gives directions how to test your own blood sugar and and what it means. In following the steps that are outlined in this book, one can see how foods are affecting one's blood sugar. All this information is in "Blood Sugar 101", which I do have, but this is a great quick reference.

Read this little book and immediately bought the full book. When I discovered that I had elevated blood sugar without any symptoms I began looking for a book that explained what was going on in my body. Still working out all the details and trying to get my eating under control. This book has given me a good understanding about what steps I need to take to get my blood sugar down where it needs to be. Recommended reading for anyone that wants to have a better insight into what is going on in their body. Many thanks to Jenny Ruhl for taking the time and effort to help us understand this symptom and it's importance to our health. Also recomend her ther book "Blood Sugar 101 What they Don't Tell You About Diabetes"

excellent book, I have been trying the advice in the book and it is working. test, test, test... its making a big difference. I getting some big surprises on what is really raising my blood sugar.. recommended

This is a chapter from a bigger book. My husband eats very well and is in great shape but was told he was pre-diabetic, which runs in his family. This was just the right resource to help him tweak when he eats certain foods and how to link them. He has followed the advice scrupulously and his blood sugar has come down.

The narrative is proving useful, but -- no one else has mentioned this, so the problem seems uniquely mine -- I cannot read the charts on my Kindle. The text references that very important

information, but I can't view it. Any thoughts?

Once in a great while, one finds information that is truthful, to the point, and highly effective. This book is one of those rare finds. Doctors and the medical industry do an incalculable amount of good. I've also seen from an up front and deeply personal perspective how doctors, the medical industry, and "standard medical practice" can severely injure you. Your primary defense against that is to find information like this in users groups AND your own research. God bless Jenny Ruhl for this book. Read this if you have diabetic concerns. It can not just change your life by increasing your independence from doctors, it just may save your life and quality of life. Neil Reid Dallas Tx.

I learned a couple of things in this simple guide to lowering blood sugar. Especially appreciated the advice to Test, Test, Test ones own readings to discern what is affecting blood sugar. Really, this is so important since we are all different!

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Lower Your Blood Sugar: The 30 Minute Guide for People with Diabetes, Prediabetes, and Insulin Resistance (Blood Sugar 101 Short Reads) Lower Your Blood Sugar For Diabetes: An Essential Treatment Guide For Diabetes (Beginners Guide to Reverse Type 2 Diabetes, insulin Resistance, Inflammation) ... blood sugar diet, the blood sugar solution,) Blood Sugar Solution and Cure Diabetes - How to reverse diabetes, lose weight quickly and Lower Blood Sugar. Type 2 Diabetes diet, Insulin Resistance diet and Diabetes Cure for Healthy Living Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Insulin Resistance Diet: Your Step By Step Guide to Cure Diabetes & Prevent Weight Gain © Over 365+ Delicious Recipes & One Full Month Meal Plan (Insulin Resistance Cookbook, Balance Your Blood-Sugar) Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing Diabetes) Diabetes: Type 2 Diabetes: 30 Natural Methods for Preventing & Reversing Diabetes. Your Guide to: Lower Blood Sugar. (Reversing Diabetes, Hyperglycemia, High Blood Sugar, Sugar Detox) Ketogenic Diet: Ketosis For Diabetes - Lower Your Blood Sugar And Lose Weight (Reduce Inflammation, reverse type 2 diabetes, Insulin Resistance Diet) (paleo ... low carb high fat, keto clarity, diabetes,) Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type

1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Diabetes: Diabetes Diet: The Top 100 Diabetic Foods to Eat for a Highly Effective Diabetes Diet and 15 Diabetic Recipes to Lower Blood Sugar: Diabetes ... Diet,smart blood sugar,sugar detox Book 4) Insulin Resistance Diet: Top 50 Insulin Resistance Meals-Loss Fat By Increasing Insulin Sensitivity Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes: How to Lower Blood Sugar Naturally Without Drugs in 4 Weeks: (Diabetes, Lower Blood Sugar, Zero Sugar, Natural Remedies) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) DIABETES: The Worst 20 Foods For Diabetes To Eat And the Best 20 Diabetic Food List, Meals And Diabetes Menus To Lower Your Blood Sugar (HOT FREE BONUS ... Diet,smart blood sugar,sugar detox) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: Reverse Diabetes With Proven Step By Step Methods And Superior Strategies (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes)

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