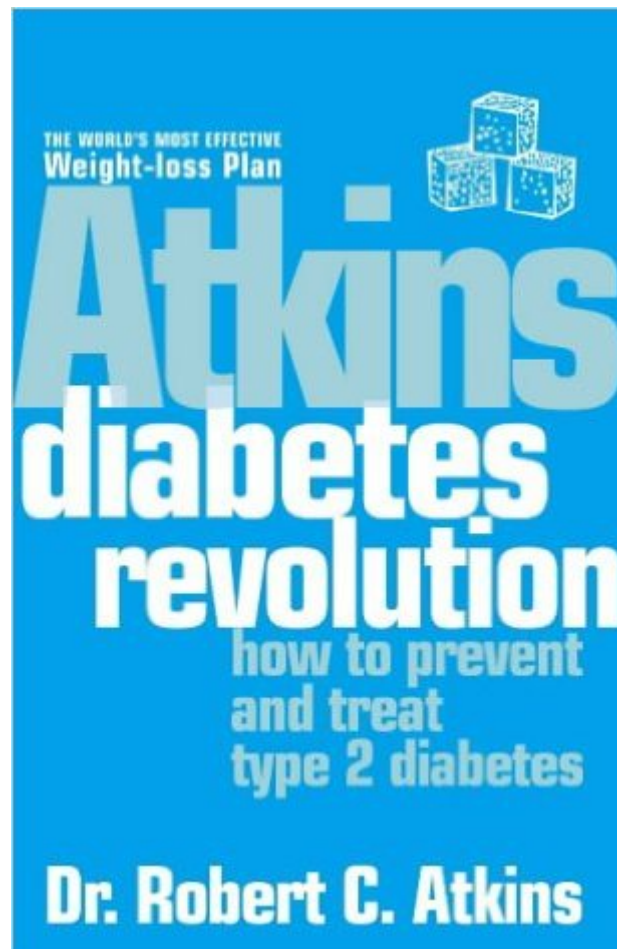


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# Atkins Diabetes Revolution: Control Your Carbs To Prevent And Manage Type 2 Diabetes



## Synopsis

The twin epidemics of obesity and diabetes are a 21st-century time bomb. The Atkins organisation is renowned for their work on diabetes and this book sets out a controlled carb diet and nutrition regime to help people lose weight and prevent, treat and even reverse diabetes. The conventional 'healthy' Western diet, based upon large amounts of carbohydrates and a small amount of protein and fat, results for many people in a state of hyperinsulinism, a key factor in developing diabetes. Insulin is a hormone that helps to regulate blood sugar levels in the body. The Atkins nutritional plan, based on eating the foods that balance your hormones to regulate blood sugar levels, controls the production of insulin and is therefore a great tool in treating and preventing diabetes. The Atkins plan also promotes healthy weight loss and freedom from other conditions, such as high blood pressure and heart disease. The book contains all the nutritional information diabetes sufferers need to plan their new, healthy diet, as well as recipes so the plan can be put into practice.

## Book Information

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## Customer Reviews

The conventional test for diabetes in a doctor's office involves a blood-sugar level test after a fast of 12 or so hours. Atkins believes that this is inadequate. According to him, by the time a doctor's blood test shows elevated blood sugar following a 12-hour fast, and one is thereby labeled clinically diabetic (Type II diabetes), the blood sugar disorder is already well advanced. Atkins believes that blood sugar disorders are much more prevalent in the population than is commonly realized. In fact, Atkins asserts that he has never met anyone who was overweight that did not have some degree of

blood sugar disorder, if only manifested by increased insulin resistance. Atkins believes that the blood-sugar levels should be checked repeatedly after a meal, not just once after 8-12 hours. Using his words, what is needed is not a snapshot but a movie of the sugar metabolism. The normal curve for blood sugar is supposed to be as follows: A postprandial rise for about an hour or two (not too high at its peak) followed by a gradual decline, and one that does not need a great deal of insulin released to cause this decline. The first symptom of a blood sugar disorder is a normal blood-sugar curve that nevertheless requires excessive amounts of insulin to bring the blood sugar under control (hyperinsulism). For this reason, Atkins believes that measuring blood sugar alone is never enough. The insulin levels must also be measured. If the blood sugar goes too high one hour after eating, this also indicates a blood sugar disorder--even if the level after 8-12 hours is normal. If Atkins is even half-right, then doctors are missing a lot. And Atkins believes that the solution to Type II diabetes is the reversal of insulin resistance, not the supplementation of additional insulin.

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