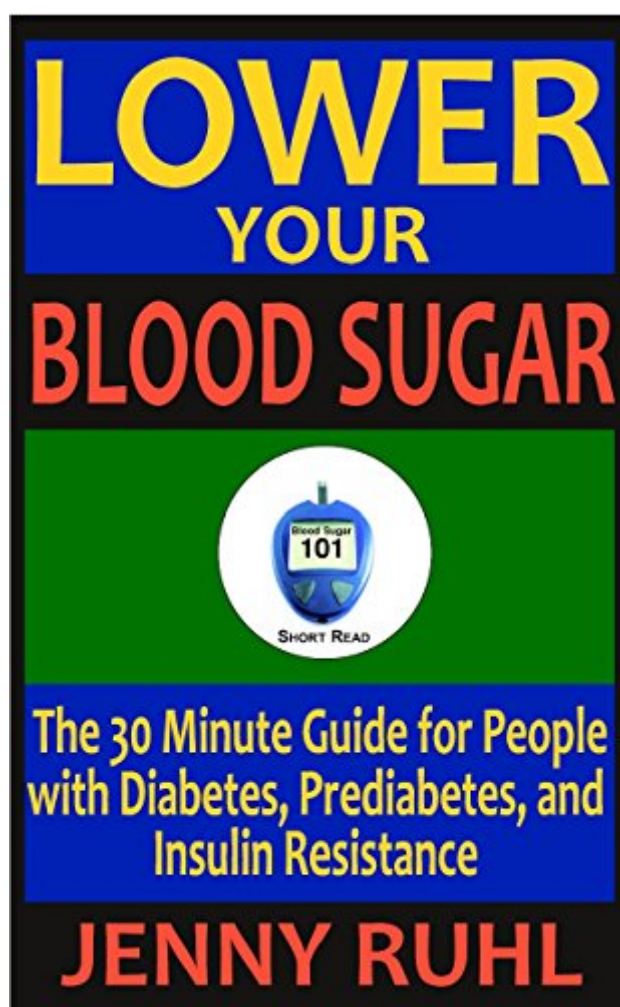


The book was found

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: 232 KB

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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.....

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 recommend her other book "Blood Sugar 101 What they Don't Tell You About Diabetes"

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 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.

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

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.

Great quick introduction for people who have just been told they have diabetes. The book contains no elaborate details, just tells you what to do. It seems to be the right thing to do, since it worked for me.

Have diabetes? This book told me how to get my A1c from 12 to 5%. Really. It isn't easy, but here is the info to keep you from losing your eyes, kidneys, etc and avoiding diabetic neuropathy.

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