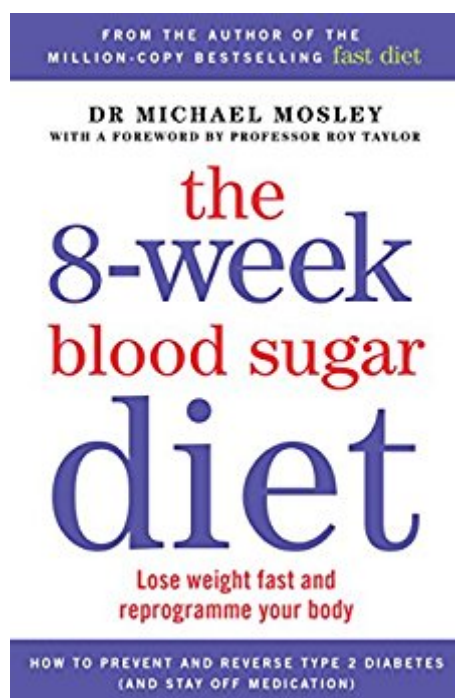


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# The 8-week Blood Sugar Diet: Lose Weight Fast And Reprogramme Your Body



## Synopsis

Dr Michael Mosley, author of the bestselling 5:2 Fast Diet, reveals a game-changing approach to one of the greatest silent epidemics of our time - raised blood sugar levels. The food we eat today, high in sugar and easily digestible carbohydrates, is not only making us fat, but is putting us at risk of type 2 diabetes, strokes, dementia, cancer and a lifetime on medication. More than a third of adults in the UK now have raised blood sugar levels and most don't know it. In this timely book, Dr Mosley explains why we pile on dangerous abdominal fat and shows us how to shed it, fast. He demolishes common myths, such as the claim that steady weight loss is always better than rapid weight loss and that those who lose weight rapidly will inevitably put it back on. This is a book not just for those at highest risk but for anyone who has struggled with their weight and wants to regain control of their health. 'I feel amazing. I have been given another chance at life.' --Cassie, 28 -- lost 20kg Average weight loss: 14kg in 8 weeks. Includes a detailed 8-week programme with menu plans. "This is potentially a life-changing book for people with raised blood sugar levels as well as those with type 2 diabetes." -- Dr Tim Spector, Professor of Genetics, King's College, London "In this book about the greatest health problem of our time [Dr Michael Mosley] pulls together the latest scientific studies and weaves in moving human stories. If you have raised blood sugar levels or type 2 diabetes and are interested in trying to regain full health, this is the book for you." -- Dr Roy Taylor, Professor of Medicine and Metabolism, University of Newcastle "The 8-week Blood Sugar Diet is the first common sense book on managing your diabetes that offers clear up to date advice on both exercise and diet. This book has a striking and persuasive message: we are in control of own health." -- Dr Jamie Timmons, Professor of Precision Medicine, King's College, London "As a GP I have been recommending a dietary approach similar to one described in this book for some time. As a result many of my patients have lost weight, become healthier, and we now spend ?27,000 less per year on drugs for diabetes than the average GP practice in our area." -- Dr David Unwin, GP and winner of the NHS 'Innovator of the year' Award for the North West "The diet cleaned out my liver and pancreas. It's not so easy for me to gain weight any more. It's as though my body is working metabolically like a young man's again, and I like the person I see in the mirror now." -- Carlos, 55, former diabetic "He is totally different now, says Anthony, son of Geoff, 50, former diabetic. His aura, the way he projects himself; he has self-belief. He believes he can do things." "I feel amazing. I have been given another chance at life, I feel in control for the first time." --Cassie, 28, former diabetic "The revelatory claim running throughout this book that type 2 diabetes can not only be prevented but actually reversed is one of the most heartening messages I have have read in a long time. In his clear, un-sensationalist prose, Michael Mosley takes us through the science,

theory and evidence behind this claim. If the changes in our diet and lifestyles suggested in this important book were to be taken up I believe it could affect a dramatic change in the nation's health and well-being." --Jane Asher, actress, author and President of Arthritis Care

## **Book Information**

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## **Customer Reviews**

I am 3 weeks into this diet and want to tell you my story to help you decide if this diet is for you. I have a strong family history of diabetes. My mum was type 2 and struggled with her weight all her life, my father was a late life insulin dependant diabetic and was morbidly obese, my maternal grandmother had type 2 and my son was diagnosed with type 1 at two years of age. I had gestational diabetes, requiring insulin, and was told that I was almost certainly likely develop full diabetes when I got older. I'm 45 now and have struggled with my weight for two decades but am not diabetic as yet. But in the last ten years, I have been unable to lose weight when following countless conventional diets. I am five stone overweight. I was even stuck on Dr Mosley's 5/2 diet. So, I went along to my GP and told him that even though I follow diets to the letter and am very

good at sticking to them, each one was failing to work. I kept getting stuck - and therefore bored - and giving up. He looked as though he didn't believe me, then told me weight loss was a simple equation: less calories in, more expended. Then he offered me Orlistat, which I declined. When trying the 5/2 diet, I asked for a glucose tolerance test so that I could measure any improvements, to which my GP informed me they no longer do these as they consider them useless nowadays. So, in short, my GP is not interested in doing anything other than issue drugs to me and will no doubt be ready to give me insulin when diabetes finally (& supposedly inevitably) arrives, whereby he can pass me on to the hospital and write many, many prescriptions for insulin, helping the drug companies get richer. Forward wind to today, 3 weeks into the Blood Sugar Diet and where am I? Ten pounds lighter - in three weeks. I haven't been able to lose that much weight on anything in a long, long time. And what is greatest about this, is that I'm NOT hungry. I'm no longer a slave to food. I feel fine - admittedly the first 3 days I felt like hell as I came off all the sugar/white carbs but from then on this has been a life-changing diet. Because I actually feel wonderful, clear-headed and able to continue for sure. And as an added bonus I am sleeping better than I have in years! This diet holds the key to eradication of obesity for the entire western world. Because you must quit sugar, and thinking about that has opened my eyes to the amount of foods that contain it. They say sugar is the new tobacco. They are right. Sugar is making us fat... and hungry. In just 3 weeks of cutting it out, my appetite is under control for the first time in years. I'm sticking with this. Five weeks to go and then a continued lifestyle change afterwards. Thank you, Dr Mosley. I would like to add that the recipes are a little complex for busy families, as other UK reviewers have pointed out, but this isn't a hard diet to adapt. It just takes some forethought and planning and this book does give you all the background and information for you to make informed choices.

I loved Dr. Mosley's book, "The FastDiet". In that book he shares how to use intermittent fasting to lose weight. Instead of the drudgery of dieting seven days a week, you lower calories (500 for women, 600 for men) two days a week and eat normally the other days. I had some success initially and I love the concept but found it hard to stick with 500 calories on fast days because of blood sugar issues. I am convinced fasting works from the fasting Facebook groups I participate in (the before and afters are amazing) but because of blood sugar decided to try traditional diets again (which sucked :( ). Then I came across a video by Dr. Jason Fung on how to cure diabetes. In the video Fung, the author of The Obesity Code, shares how insulin resistance and diabetes can be cured with fasting. The video inspired me to revisit Intermittent Fasting and I came across Dr. Mosley's new book. "The 8 Week Blood Sugar Diet". Studies have shown that when people with type

2 diabetes have bariatric surgery which forces a reduction in calories, they not only lose weight but in many cases their blood sugar returns to normal. This indicates that diabetes and insulin resistance are reversible. However, not many people can or want to go to the expense or pain of weight loss surgery. But if you are motivated enough you may be able to achieve the same benefits with Dr. Mosley's blood sugar diet plan. In the plan you eat a very low calorie diet - 800 calories a day for eight weeks. Because you combine it with a Mediterranean diet keeping your insulin levels on an even keel you are more likely to stick to it and do it. However 800 cals a day - day after day, requires a lot of discipline. If you have difficulty sticking to such a low calorie count for eight weeks he has a variation of this (explained below) which is a lot easier and very doable. Dr. Mosley's plan is a three-pronged approach; diet, exercise and mindfulness. The diet: In the book Mosley sites examples of people who have stuck to 800 and enjoyed astounding results. But as soon as I saw 800 calories a day for eight weeks, I knew it was a no-go for me. I am not that disciplined but fortunately Mosley has another option. You can also do 800 calories two days a week and eat the Mediterranean way the other days. BINGO! It just hit me as the right way to do it for me. Before when I tried fasting I had difficulty sticking to 500 calories but 800 was very doable. In addition, I like the idea of the delicious Mediterranean way of eating the rest of the week for health and to keep blood sugars level. Naturally weight loss will be slower but the trade off is worth it for me. On his website he also says folks who can't tolerate fasting can do the Mediterranean diet 7 days a week. The second prong to the plan is a simple exercise program which includes walking (building up to 10k steps a day) and weight training (3x a week) and if you like you can add in high intensity training. I love the exercise program because like the eating plan it is very doable. And finally Mosley includes mindfulness to release stress and tension. He recommends an app and shares guided exercise for breathing and relaxation. The back of the book includes 50 recipes with calorie counts; Breakfasts and Brunches, Soups, Salads and Lunches, Suppers, Quick and Easy and Guilt Free Baking. Sample recipes included are Yogurt with Passion Fruit and Almonds, Ricotta, Pear and Walnut Salad, Cheesy Baked Beans, Spicy Chicken and Lentils. I really like the Simple Suppers section which includes five ways to jazz up a chicken breast, three ways with cauliflower rice, three quick soups etc. So I devoured the book and started with the 800 calories right away. 800 calories was just enough that I felt a little hungry but wasn't ready to chow down on dirt - very doable. I popped on the scale this morning and was down. I also feel less bloated and so motivated! So now I'm off to get in some of those 10K steps. I will keep you updated on my progress! UPDATE: Dr. Mosley's work on IF (intermittent fasting) has totally changed my approach to weight loss. I am a member of several IF groups and members have had phenomenal results. However, I have found that eating 800 calories

two days a week is hard for me to stick with long term. So I am following a 16:8 intermittent fasting plan (fast for 16 hours, eat in an 8 hour time frame). I find 16:8 very easy to do. The best weight loss plan is the one you can stick with!

week 5 and have lost 26 lbs feel great and not hungry

dropped 16 pounds already and doesn't feel deprived. I feel great and been off medication for a while

It is nice to have options other than drugs and surgery. I would try this before I give up my body to the doctors and pharmacists.

LOVE THE BOOK, TRYING THE DIET, BRILLIANT. XXXX

Tried the 8 week diet and changed my pre diabetes results to normal readings. Stopped taking all meds after the diet.

I give it 3 stars as the science was interesting but there is no guidance as to percentages for different nutrients except for grams of protein and overall 800 calorie count. He says what you should and shouldn't eat but if oatmeal is okay, can I eat 3 bowls? Also, there are recipes but no nutritional information except for calories and a recipe for "no carb muesli" I calculate has 80 grams of carbohydrates when you count 1 tablespoon of raisins and 1/4 cup of apple juice, more carbs than 2 cups of oatmeal.

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