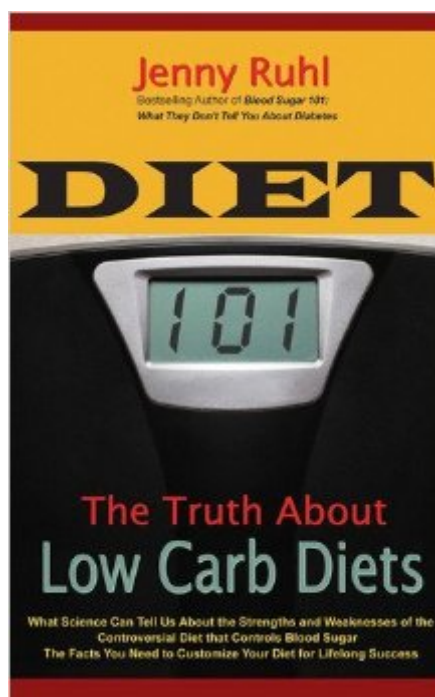


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# Diet 101: The Truth About Low Carb Diets



## Synopsis

Bloodsugar101.com's Jenny Ruhl explains what peer reviewed research and the experience of Successful Low Carb Dieters can tell us about:Â \* How Low Carb Diets Repair Unhealthy High Normal Blood Sugars \* How Low Carb Diets Achieve Weight Loss \* The Strengths and Weaknesses of the Diet as Revealed by Research \* The Facts that Debunk Exaggerated Claims Pro and Anti Low Carb Diets \* How the Low Carb Diet Affects Hunger and Hunger Hormones \* Low Carb Diet Side Effects and How to Deal with Them \* How to Customize Your Low Carb Diet \* The Secrets of Successful Low Carb Dieters \* The Real Effects of Supplements and Functional Foods \* How to Break Through Weight Loss Stalls \* How to Maintain a Low Carb Weight Loss for Life Everything you need to know to achieve healthy weight loss on the one diet that really controls blood sugar.

## Book Information

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## Customer Reviews

I would recommend this book to two types of readers: people who are beginning a low carb diet, and people who have been at it a while. As an introduction to low carb dieting, this book is clear and to the point. It skips persuasive rhetoric and inspiring anecdotes to focus entirely upon what we do and don't know about carbs, blood sugar, and weight loss (so no prior knowledge is assumed, but prior interest is). There are also guidelines for customizing one's own diet to avoid pitfalls and achieve results (healthy weight and healthy blood sugar levels). This is not a "one size fits all" approach! I especially appreciated that this book draws a clear distinction between perfectly healthy

dieters and dieters who have specific problems with carbohydrates - this is *\*not\** a book about the ideal diet for mankind, but a book about the most effective diet for a given individual wherever they are in life at the moment. It's easy to skip some detailed analyses of scientific studies to focus on the conclusions, but experienced low carb or VLC dieters may find these detailed but accessible analyses helpful. I found that I had gotten some ideas from other books about paleo diets, low-carb weight loss, and blood sugar management that needed correction. This book is especially clear about the sources of misinformation (especially questionably conducted studies and studies whose conclusions are reported misleadingly by the media). Sometimes the conclusion is that we simply don't know yet, and here testimonies have a place in suggesting what to do in the meantime. If you've read any other books or watched any documentaries on low carb diets, this book is a good "next step" to really understanding what you learned. I still have questions about low carb diets, but I will clearly have to wait for more and better studies! This book left me with a optimized game plan for the meantime.

This book is a natural continuation on from the author's on-line interactions and blogging that led to her remarkable contribution Blood Sugar 101. There has been a perception that the main value of choosing to change the amount or type of carbohydrates (sugars and starches) in your diet is as a weight loss diet. Also, there has been a perception that this strategy is only valuable if applied very strictly - and this strict application then means that many people find it too difficult to keep up over time. In Diet 101, Jenny Ruhl emphasises the fact that the greatest value from controlling carbs is in keeping blood sugars within the normal, non-damaging range. What if you're not diabetic? Many people who do not meet the cut-off blood sugar test levels to be diagnosed with diabetes have blood sugar levels, at least for parts of the day, that are associated with slowly-accumulating harm to health. This problem is very widespread in our society. What to do? This damage can be avoided, or at least lessened, by changing your intake of carbohydrate foods - by just as much as you need to and/or are able to. Even changes less than targetting perfection can bring benefits you might really value. Jenny Ruhl explains all this in her new book in a clear, easy to understand manner, with all the back-up science also available for those who are interested. Also, she ties the excess swings in blood sugar to excess hunger drive and the tendency to gain weight. To be useful, this needs to be practical day-to-day, which is an important goal and strength of the book.

I am a dedicated low carbohydrate dieter and reader, and I found this book to be the very best of the lot. The author explains clearly the studies that show why low carb diets work well, and also the

ones that explain how difficult they can be. Her sensible, science-based suggestions for improving your odds for long term success are invaluable.

This and sister book BLOOD SUGAR 101 what they don't tell you about diabetes should be required reading for anyone with type one or type two diabetes. It might be a good idea if some of the medical profession who are in any way concerned with it. I was diagnosed with it 14 years ago following a triple heart bypass. Pity no one checked before I had my operation it costs virtually nothing to do! During the subsequent 14 years I can't remember how many doctors, nurses, clinics and specialists I've met that concur with each other. Levels, limits, food, weight, treatment etc. etc. Buying and reading both these book and using them as my bible ,in 6 months I've lost around 10 kilos, my blood pressure is 120/80, and my blood sugars are rarely if ever above 120 or below 70. I enjoy great food, am never hungry and still enjoy a respectable level of alcohol but with regular fasting days. The one thing I am ABSOLUTE on is staying below 40 grms/day but closer to 25 or less. I saw my specialist last week who had suggested that she would probably need to put me on insulin, but no longer. Everything I have said is absolutely true and documented. Oh by the way I was 69 a few weeks ago!! In closing I would obviously recommend Jenny Ruhrs books to all of you out there and wish you luck, it's more than just possible. Good luck, give it a go. I feel great. I hope Jenny Ruhr gets to read this as it gives me great pleasure to write it. THANK YOU JENNY. MALCOLM MACPHERSON (Southern Spain, Costa del Sol )

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