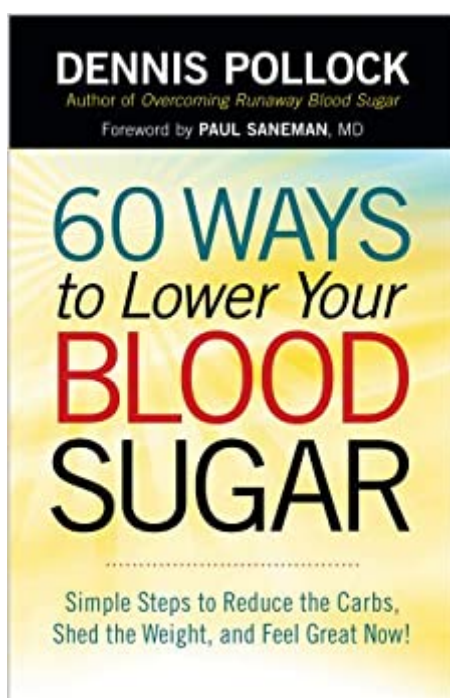


The book was found

60 Ways To Lower Your Blood Sugar: Simple Steps To Reduce The Carbs, Shed The Weight, And Feel Great Now!



Synopsis

It's projected that in 50 years, one American in three will be diabetic. Many today are well on their way to becoming a sad statistic in the war on obesity, high blood sugar, and the related diseases—including diabetes—that can result from a diet that's seriously out of whack. In his previous bestselling book, *Overcoming Runaway Blood Sugar*, Dennis Pollock shared his personal experience with this deadly epidemic—including his success at lowering his runaway blood sugar to acceptable levels. Now Dennis offers readers the next step in the battle: 60 practical ways to manage their blood sugar without resorting to a bland unsatisfying diet of turnips and tuna fish. In this step by step, change by change plan, readers will learn how to: reduce their intake of carbs, exercise more effectively, shed excess weight. A must-have book for readers serious about regaining their health while also lowering their weight and increasing their energy.

Book Information

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Average Customer Review: 4.5 out of 5 stars 162 customer reviews

Best Sellers Rank: #27,803 in Books (See Top 100 in Books) #60 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb

Customer Reviews

After creating a successful program to normalize his blood sugar, Dennis Pollock became an advocate for better, more abundant health. Dennis is also an evangelist, an author, and the former cohost of the Christ in Prophecy broadcast. As the founder of Spirit of Grace Ministries, he regularly leads conferences on Bible prophecy and spiritual renewal, along with conducting mission outreaches around the globe.

This book is fantastic for anyone who truly wants to lose weight and get their sugar under control. By using this book as a basis for reference I personally lost 75 pounds and my blood pressure, a 1 C, and cholesterol are totally under control again. If you are really sincere about losing weight and

improving your health I have learned that carbohydrates and sugar are the biggest things you need to eliminate in your diet and you will lose weight, if you are sincere about it

This book changed my life. It is clear, informative, positive, and has just enough Christian references to know he shares my faith. Two days before finding the book at a GA truck stop I learned I was very nearly diabetic. After panic and prayer, I found and bought this book. In two months on his program I lost the needed 20lbs and have kept them off. Blood sugar is controlled and my changes are for life. Finding this book was a God thing and made this roadblock easier to face and to keep living my new low carb life with minimal privation.

A good start to trying to reduce your blood sugar. The flaxseed muffin recipe was the highpoint for me - I know avoiding carbs is the key but sometimes you miss grain - so flaxseed (fiber grams equal carb grams) works as a substitute - tastes like grain, good substitute for oatmeal, mixes with eggs well (really like eggs and ramen - ramen is bad). Says the dangers of high glucose in a straightforward manner so good to re-read occasionally when you are bored with being "good". Claimed there was low-carb ice cream - did not find it at my grocery. But a good

Who would think a diet book could be fun to read? Author has a nice sense of humor. An easy read. He gets repetitious but just to reiterate the important things. Hope it work. I've been on it for a week and have lost six pounds....so encouraging I'm definitely sticking to it.

This book contains some really good information, as well as dispelling myths about the carb content of certain foods. I would recommend for all who are concerned with blood sugar.

This is a great book to read and utilize whether you are prediabetic or a full blown diabetic. It is easy to read and understand and well written. I have already recommended it to others.

I was so impressed with this book that I bought several for friends. This is the first time I've read anything that so clearly explained how sugar affects our body, and offers ways to easily cut back. His style of writing was winsome; just as if he was sitting across the table from me. Hmmm, I think it's time to read it again.

This is the first book that I have read on lowering blood sugar that is so easy to read and

understand. To know that the author is a diabetic survivor is very relatable and let's you know if he did it with his simple techniques, you can do it as well. You have to be very conscious of how to count carbs so that you will stay within the range that is best for you!

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Blood Pressure, Lower Cholesterol And Prevent Heart Disease (DASH Diet for beginners, Weight Loss, Boost Metabolism, Healthy) Lower Your Blood Sugar: The 30 Minute Guide for People with Diabetes, Prediabetes, and Insulin Resistance (Blood Sugar 101 Short Reads) How to Reduce Blood Sugar: Reducing Blood Sugar Naturally Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without drugs, ... and Stay healthy for life! (Everything®)

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