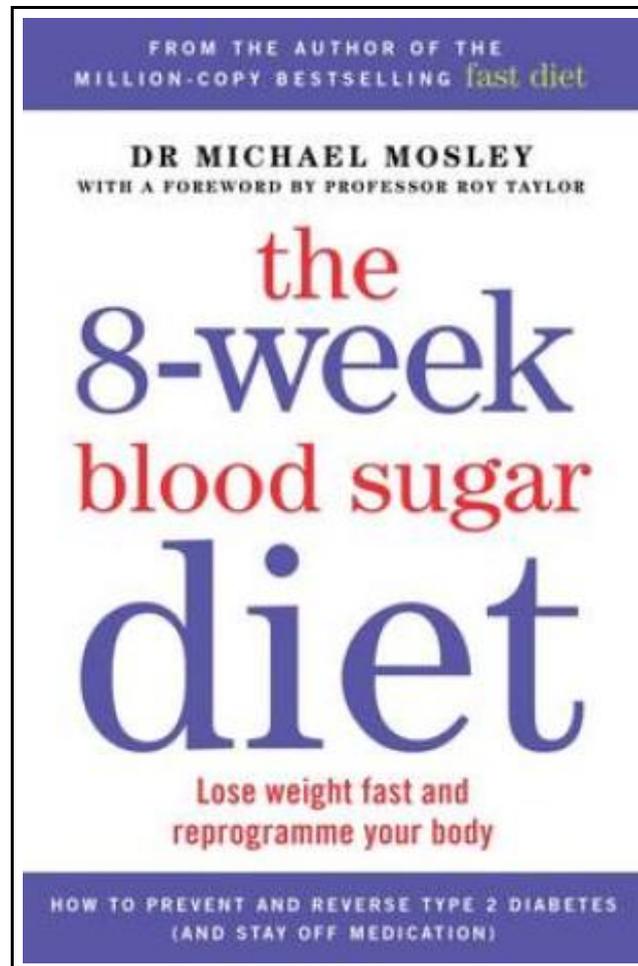# The 8-Week Blood Sugar Diet

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Reviews

This type of ebook is everything and helped me looking forward and a lot more. It is actually full of wisdom and knowledge I realized this book from my dad and i suggested this book to discover. (Estelle Grady Sr.)

THE 8-WEEK BLOOD SUGAR DIET

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Paperback. Book Condition: New. Not Signed; 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. book.

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