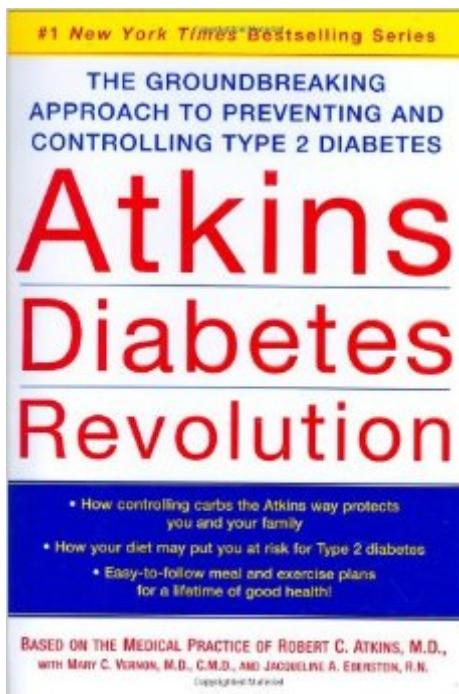


The book was found

Atkins Diabetes Revolution: The Groundbreaking Approach To Preventing And Controlling Type 2 Diabetes



Synopsis

The statistics are staggering. Thirteen million Americans have been diagnosed with Type 2 diabetes; another 5.2 million don't know that they have it. During the past thirty years the diabetes rate has tripled, and each year about 200,000 people die from complications of the disease. The Centers for Disease Control project that one out of every three children born in the year 2000 will develop the disease. But Type 2 diabetes is largely preventable. Find out how you can avoid becoming a statistic. As a respected physician and pioneer in the field of complementary medicine, Dr. Robert C. Atkins recognized early on that diabetes and obesity are twin epidemics, and that the way to reverse both is to permanently change the way people eat. Yet much of the mainstream medical establishment continues to advocate the treatment of diabetes with insulin and other drugs, while recommending a diet high in carbohydrates including sugar which raises your blood sugar. What you'll learn from reading Atkins Diabetes Revolution is that rather than correcting your metabolism, such a diet can actually increase your risk of developing diabetes -- and heart disease. The Atkins Blood Sugar Control Program (ABSCP) helps you identify the metabolic signposts that indicate trouble long before the onset of Type 2 diabetes so you can stop it in its tracks. If you already have the disease, the ABSCP offers you and your physician a strategy for weight management and blood-sugar control, while minimizing your exposure to drugs. Atkins Diabetes Revolution presents a comprehensive lifestyle program, including diet, exercise, and nutrient supplementation. The book also contains meal plans, recipes, a fitness routine, and case studies. This groundbreaking book, a fitting tribute to Dr. Atkins, tackles one of the greatest health challenges you and your family may ever face.

Book Information

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The conventional test for diabetes in a doctor's office involves a blood-sugar level test after a fast of 12 or so hours. Atkins believes that this is inadequate. According to him, by the time a doctor's blood test shows elevated blood sugar following a 12-hour fast, and one is thereby labeled clinically diabetic (Type II diabetes), the blood sugar disorder is already well advanced. Atkins believes that blood sugar disorders are much more prevalent in the population than is commonly realized. In fact, Atkins asserts that he has never met anyone who was overweight that did not have some degree of blood sugar disorder, if only manifested by increased insulin resistance. Atkins believes that the blood-sugar levels should be checked repeatedly after a meal, not just once after 8-12 hours. Using his words, what is needed is not a snapshot but a movie of the sugar metabolism. The normal curve for blood sugar is supposed to be as follows: A postprandial rise for about an hour or two (not too high at its peak) followed by a gradual decline, and one that does not need a great deal of insulin released to cause this decline. The first symptom of a blood sugar disorder is a normal blood-sugar curve that nevertheless requires excessive amounts of insulin to bring the blood sugar under control (hyperinsulism). For this reason, Atkins believes that measuring blood sugar alone is never enough. The insulin levels must also be measured. If the blood sugar goes too high one hour after eating, this also indicates a blood sugar disorder--even if the level after 8-12 hours is normal. If Atkins is even half-right, then doctors are missing a lot. And Atkins believes that the solution to Type II diabetes is the reversal of insulin resistance, not the supplementation of additional insulin.

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