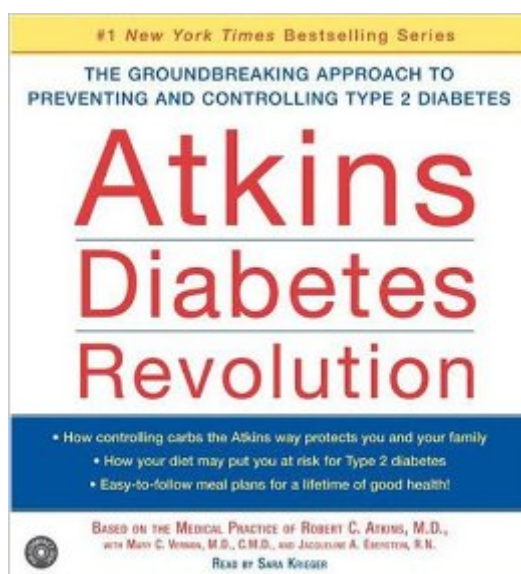


The book was found

Atkins Diabetes Revolution CD



Synopsis

Atkins Diabetes Revolution will help you: Find out if you have the metabolic syndrome Identify your risk for diabetes as soon as possible Make permanent lifestyle changes to normalize the underlying metabolic imbalances that lead to Type 2 diabetes Reduce your chances of suffering a heart attack, stroke, and even some cancers Reduce your risk of heart disease by lowering your triglycerides while increasing your HDL ("good") cholesterol Read by Sara Krieger

Book Information

Audio CD

Publisher: HarperAudio; Abridged edition (September 7, 2004)

Language: English

ISBN-10: 0060727470

ISBN-13: 978-0060727475

Product Dimensions: 5.7 x 5.2 x 0.6 inches

Shipping Weight: 4.8 ounces

Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (98 customer reviews)

Best Sellers Rank: #2,128,099 in Books (See Top 100 in Books) #3 in Â Books > Books on CD >

Authors, A-Z > (A) > Atkins, Robert C. #266 in Â Books > Health, Fitness & Dieting > Diets &

Weight Loss > Atkins Diet #831 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss >

Low Carb

Customer Reviews

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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