



The Sugar Blockers Diet: The Doctor-Designed 3-Step Plan to Lose Weight, Lower Blood Sugar, and Beat Diabetes--While Eating the Carbs You Love

Rob Thompson

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Science now knows that starches are one of the biggest culprits when it comes to the nation's weight problems. Starches spike our blood sugar levels, which wreaks havoc on our bodies and make it near impossible to lose the pounds. Unfortunately, many of our favorite foods such as pasta, bread and rice are the worst offenders! But who wants to cut out these delicious dishes and feel deprived? *The Sugar Blockers Diet* solves this dilemma by highlighting common foods with the power to squash blood sugar spikes when eaten 30 minutes before a starchy meal. This innovative eating plan opens up a world of previously forbidden foods to people with diabetes. Readers can enjoy starchy pastas, cakes, and more in moderation when they remember to take a dose of everyday foods like nuts, pickles, or a glass of wine. There's no need to count calories, carbs, fat, sodium, or anything else on the Sugar Blockers Eating Plan. By emphasizing low-glycemic load and sugar-blocking foods, readers automatically cut calories and lose weight, improving their blood sugar, cholesterol, mood, and energy along the way.

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