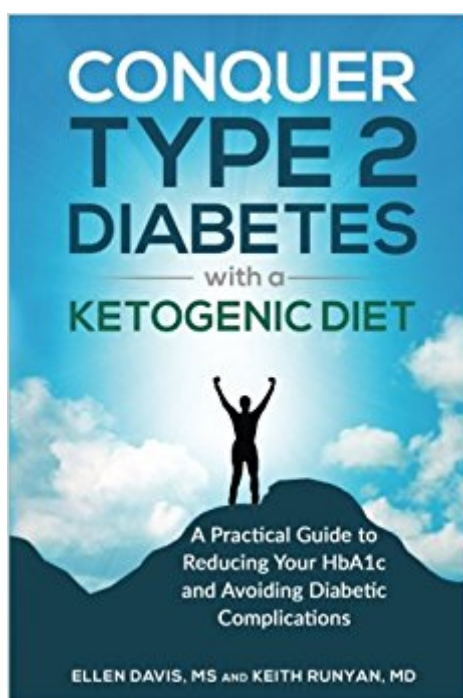


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# Conquer Type 2 Diabetes With A Ketogenic Diet: A Practical Guide For Reducing Your HbA1c And Avoiding Diabetic Complications



## Synopsis

Type 2 diabetes is a modern disease of carbohydrate intolerance, meaning your body isn't able to process carbohydrate (sugars and starches) normally. Consuming these foods results in high blood sugar, and over time, diabetic complications. Before the invention of insulin in the 1920s, physicians advised diabetics to avoid eating carbohydrates because of this intolerance. In contrast, modern advice is to eat carbohydrates and treat the resulting high blood sugar with medications and insulin. This "eat carb and take medicine" method increases the cost of diabetic care and does nothing to resolve the underlying disease and progression. The logical solution is to follow a low-carb ketogenic diet because it treats type 2 diabetes at the root cause. Avoiding carbs while enjoying foods rich in healthy fats and protein stabilizes blood sugar and reduces and in some cases, eliminates the need for diabetic medications. *Conquer Type 2 Diabetes with a Ketogenic Diet* has all the information you need to successfully take control of your diabetes. In addition to clear explanations of the science, this book includes personal success stories, information on blood sugar monitoring and insulin therapy, the foods to eat and to avoid, cooking tips, how to get started and personalize the diet, medication interactions and more.

## Book Information

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## Customer Reviews

Keith Runyan, MD is a physician and author who uses ketogenic diets to treat diabetes. Fourteen years after his own diagnosis of T1D, he adopted the ketogenic diet and now enjoys an average blood glucose of 95 mg/dl and almost total freedom from the symptoms of hypoglycemia. He

documents his results on his blog at [ketogenicdiabeticathlete.wordpress.com](http://ketogenicdiabeticathlete.wordpress.com). Ellen Davis, MS, is an expert on ketogenic nutrition and is an accomplished author and alternative health advocate. Her website, Ketogenic Diet Resource, offers information and books on how to treat diabetes, cancer and other diseases with a ketogenic diet.

Just started my Keto diet under the supervision of my Tampa Florida Doctor Eric Crall, He wanted me to read this book to understand what I could be up against with being overweight and a candidate for Diabetes...Straight forward information about using the Keto Diet and also lots of good information about the foods and drinks and their Caloric charting...I have lost 22 lbs in 3 quick weeks and have improved the Quality of my Life significantly...And I am no where near the finish line Goal of 100 lbs !!!!!

I love this book. So far, the best book on Keto I have found. If you are struggling to get your blood sugar under control I say read this book!

Excellent well written easy to read.

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