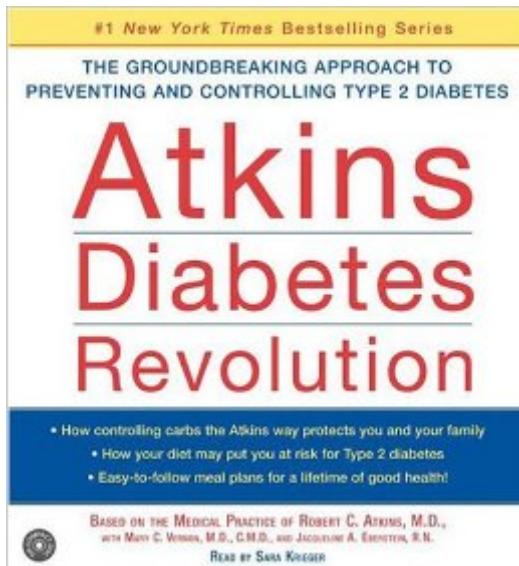


The book was found

# 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 starsÂ  See all reviewsÂ  (98 customer reviews)

Best Sellers Rank: #2,128,099 in Books (See Top 100 in Books) #3 inÂ  Books > Books on CD > Authors, A-Z > ( A ) > Atkins, Robert C. #266 inÂ  Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #831 inÂ  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.

[Download to continue reading...](#)

Atkins Diabetes Revolution CD: The Groundbreaking Approach to Preventing and Controlling Diabetes Cocinando para Latinos con Diabetes (Cooking for Latinos with Diabetes) (American Diabetes Association Guide to Healthy Restaurant Eating) (English and Spanish Edition) Atkins Diabetes Revolution CD The End of Diabetes: The Eat to Live Plan to Prevent and Reverse Diabetes The American Diabetes Association Diabetes Comfort Food Cookbook American Diabetes Association Guide to Nutrition Therapy for Diabetes Medical Management of Type 2 Diabetes (Burant, Medical Management of Type 2 Diabetes) Diabetes: 16 Simple Lifestyle Changes to Lower Blood Sugar and Reverse Diabetes Dr. Atkins' New Diet Revolution Low Price CD Dr. Atkins' New Diet Revolution CD New Atkins for a New You: The Ultimate Diet for Shedding Weight and Feeling Great. Atkins' Molecules Afghanistan: Between Hope and Fear (Louann Atkins Temple Women & Culture) The Railway: Art in the Age of Steam (Nelson-Atkins Museum of Art) Ed Atkins: A Seer Reader Experiments in a Jazz Aesthetic (Louann Atkins Temple Women & Culture Series) Class Act: The Jazz Life of Choreographer Cholly Atkins A Life in Secrets: Vera Atkins and the Missing Agents of WWII Experiments in a Jazz Aesthetic: Art, Activism, Academia, and the Austin Project (Louann Atkins Temple Women & Culture Series) Atkins for Life: The Complete Controlled Carb Program for Permanent Weight Loss and Good Health

[Dmca](#)