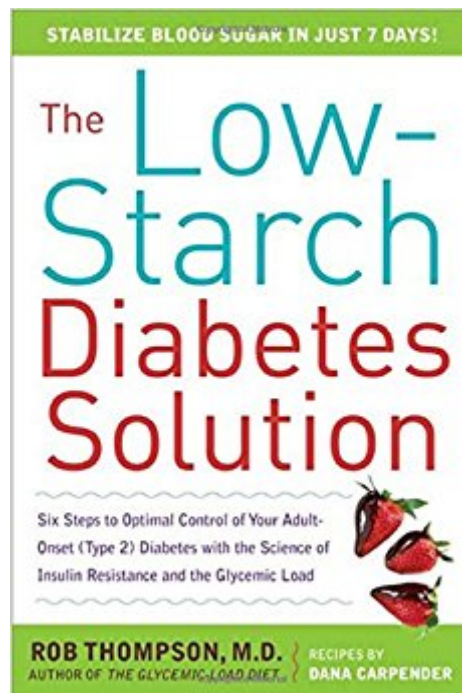




The book was found

The Low-Starch Diabetes Solution: Six Steps To Optimal Control Of Your Adult-Onset (Type 2) Diabetes



Synopsis

CONTROL YOUR DIABETES BY TARGETING THE TRUE CULPRIT: STARCH The author of the popular *The Glycemic-Load Diet* reveals his revolutionary method for keeping blood sugar stable for life. In this groundbreaking book, Dr. Rob Thompson, a preventive cardiologist and champion of glycemic-load science, brings you an easy-to-follow, low-starch diet-and-exercise program that promises to stabilize blood sugar in just seven days. Dr. Thompson has changed the way we think about treating diabetes—and kept his own under control for ten years—with his focus on starch, not sugar, as the number-one cause behind this chronic condition. Dr. Thompson offers hope for the millions of diabetes sufferers who follow their doctors' orders to the letter yet see their diabetes steadily worsen. In six easy steps, you will learn to eliminate the harmful effects of dietary starch and keep your blood sugar levels perfect while enjoying satisfying amounts of delicious food (including chocolate!). The *Low-Starch Diabetes Solution* gives you: An innovative program that challenges current ADA guidelines—not available in any other book Tips on starch-free cooking and easy-to-make low-starch recipes by Dana Carpender, author of the bestselling *15-Minute Low-Carb Recipes* A seven-day, easy-to-follow menu plan A way to lose weight, regain vitality, and reduce medication

ROB THOMPSON, M.D., is a board-certified cardiologist in private practice who has counseled patients with high cholesterol, diabetes, and heart disease for more than twenty-five years. He is the author of *The New Low-Carb Way of Life*, *The Glycemic-Load Diet*, and *The Glycemic-Load Diet Cookbook*. Thompson resides in Seattle, WA. Cover design: Rebecca Silvers Cover photograph: David Murray and Jules Selmes/Getty

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Customer Reviews

Rob Thompson, M.D. (Seattle, WA) is a board-certified cardiologist in private practice who has counseled patients with high cholesterol, diabetes, and heart disease for more than 25 years. He is on staff at Swedish Hospital Medical Center in Seattle and is the author of *The New Low-Carb Way of Life* as well as *The Glycemic-Load Diet*.

First of all, I am a retired doctor who has had diabetes for about 15 yrs. This is the best, clearest, and most realistic book on this subject that I have read. I would say that this doctor's experience mirrors mine except I took longer to get the message. It is good that he doesn't dismiss medication and insulin because some diabetics, like myself, need these things even if we eat zero carbs. Believe me I have tried it and my sugar remains higher than I would like. This idea of burned out beta cells is relatively recent and it is very important to address it which he does in the book. Most important, his approach works and I have dramatically dropped my medication and insulin requirements and have lost some 25 lbs in about 4 months with relatively little hunger using this approach. His book is understandable but still interesting to an educated reader. I should put educated in quotes because so much of the medical information out there is so wrong still. I read his book on my kindle and it was easy to do so. And he does not advocate medication per se for everyone, only those who need it. And he gives the pros and cons and the science in the process. Like him, I could stop my medication, and I have for periods but even with perfect eating the fasting is still about 150 and inches up to 170-180 even if I eat only a little protein. I have experimented and those are the facts. So, the doctor is right and maybe some don't like that but those, again, are the hard facts. So, again, I like his approach and I do not think he is overly aggressive or dogmatic about it, just realistic, scientific and giving his experience. Also, he tells you what is backed up by science, what isn't and what is his experience and one can judge it from there. I will be recommending this book to all my friends who are diabetic and even some who are probably prediabetic. The only place where my experience is different from his is that for me the Atkins is not too hard to follow because of "cravings". I do find Atkins helpful and complementary which he does not. One can't agree on everything and I suspect he feels this way due to his patient experience and, perhaps, his personal experience. Certainly, there are plenty of cookbooks out there for Atkins and low carb that are compatible with his approach. Also, one helpful thing he doesn't talk about is pork rinds, the one great low carb snack that is allowed. Wow, I used to make fun of people who bought these, but now

I buy them because they are the only low carb snack type food I have found that is allowed when you want something like chips and they make wonderful breading ground up. I should note that age and exercise plays a role in the medication thing since when I was younger and first diabetic I could eat low, low carb and drop my blood sugar to normal or exercise a lot and do likewise. With age this is not so and now in my 60's this does not work. One has to be flexible and realistic. I say this and again return to this issue of medication because of the review by the person who excoriated the doctor for advocating medication when it is needed. What can I say, these are the limitations of our genetics for some of us and also the legacy of many years of stressing our beta cells. Had I know all of this when I was younger maybe I now could be without medication but I and many others did not know this because it was not known then. Be flexible I say and experiment but still face facts when you must. This book helps you do that. For that I am grateful to the doctor.

I was diagnosed Type II Diabetic 4 years ago. If my Doctor had been able to teach me then what this book taught me 3 years after diagnosis, the confusion and aggravation saved would be Immeasurable!! I have purchased all 3 of Dr. Thompson's Diabetes Books. Saying they have changed my life for the better is not only true, it is also an understatement!! I now know what it takes to Control this disease and keep my blood sugar NORMAL, Even without Medication (if I so chose to do so)!! I will never go back to the way I was eating (and hurting myself) before I read these books. PLEASE, PLEASE, do yourself a favor and GET THIS BOOK!

For years I've been concentrating on a low or NO sugar diet but that didn't stop me from eating bread, rolls, pasta and potatoes. Dr. Thompson's book has shed light on the importance of concentrating on a NO STARCH or low starch diet to control or prevent diabetes. I thought that would be impossible for me. But I found, that as the days went by on my diet, my cravings for starchy foods abated. NOW, after a few weeks, I don't miss bread at all. I lost 16 pounds. Of course I also follow a strict exercise plan. I do pushups and walk 40 minutes a day. Dr. Thompson's book offers good advice on coping with controlling blood glucose levels. My readings are normal. My doctor is pleased with my diet plan. And I find that I can eat fruit and even ice cream and still keep my sugar levels down. This isn't rocket science. A lot of what's in this book has been known by doctors for years. But this book is surprisingly easy to read and understand. And it offers recipes to add a little variety to your diet. I highly recommend this book. It changed my life and I hope it helps others as well.

I had taken this book from the library and found there was so much in it to think about that I bought it at . For the price of a fast food meal, there is a lot to absorb here and refer to as you develop new eating habits. I have followed South Beach diet principles for over 10 years and kept stable a 50+ lb weight loss, but even so as I age (over 70, female, still overweight and not as active) I find my glucose creeping towards the prediabetes mark. I realized that eating a lot of whole grain carbs for the fiber (maintenance SBD) was possibly the culprit and once I began to use some of the suggestions in this book I felt better and the weight plateau began to shift a bit lower. I try to eat by the GI and GL values as much as possible too. Overall, to me this was a worthwhile investment, and lots more satisfying in the end than that fast food meal I could have bought instead (which would have left me feeling lousy!). I see there is a new book coming out in December 2012 by this same author and look forward to checking that one out when it is available.....my mother developed late onset Diabetes Type 2 decades ago and I remember how she struggled with her diet and lifestyle, so I am trying very hard to avoid this same situation for myself.

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