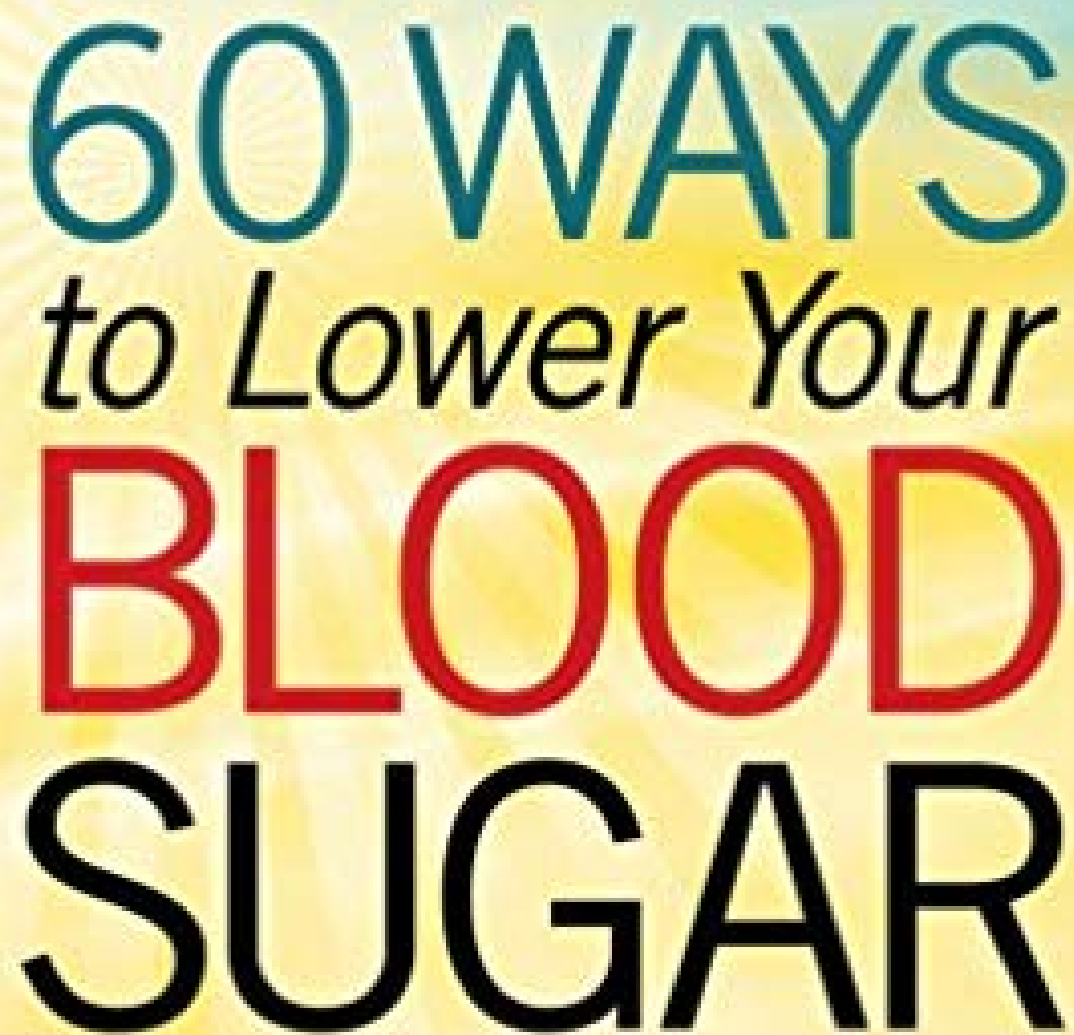


**DENNIS POLLOCK**

*Author of Overcoming Runaway Blood Sugar*

Foreword by **PAUL SANEMAN, MD**

The background of the lower section of the cover features a bright sunburst or starburst pattern in shades of yellow and light blue, emanating from the top left corner.

# 60 WAYS *to Lower Your* **BLOOD** **SUGAR**

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Simple Steps to Reduce the Carbs,  
Shed the Weight, and Feel Great Now!

Dennis Pollock

## 60 Ways to Lower Your Blood Sugar: Simple Steps to Reduce the Carbs, Shed the Weight, and Feel Great Now!



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It's projected that in 50 years, one American in 3 will be diabetic. In this step by step, change by change program, readers will learn how to: reduce their intake of carbsexercise better shed surplus weightA must-have publication for readers seriously interested in regaining their health while also lowering their weight and increasing their energy. Now Dennis offers readers the next phase in the battle: 60 practical methods to manage their blood sugar without resorting to a bland unsatisfying diet of turnips and tuna seafood. In his previous bestselling book, Overcoming Runaway Blood Sugars, Dennis Pollock shared his personal knowledge with this deadly epidemic?including his success at reducing his runaway bloodstream sugar to acceptable levels. Many today are well on their way to becoming a sad statistic in the war on obesity, high bloodstream sugars, and the related diseases?including diabetes?that can result from a diet that's significantly out of whack.



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A Practical Launch To Blood Sugar Management "60 Ways to DECREASE YOUR Blood Sugars" is a good introduction to eating skills for diabetics or prediabetics. For 24 months, I had been chowing down on sugary foods. As always if you are diabetic or believe you may be, see your physician first and discover good medical assistance.) but most of the guidelines have become general and conveniently remembered. Blood sugar must go through book Excellent educational book life changing Four Stars Some good info and some I already knew The flaxseed muffin recipe was the highpoint for me - I know avoiding carbs is the key but sometimes you miss grain - so flaxseed (fiber grams equal carb grams) works as a substitute - tastes like grain, good substitute for oatmeal, mixes with eggs well (really like eggs and ramen - ramen is bad). now my blood sugar levels have been reduced (they were previously in the high normal range) and I am feeling great. I make an effort to learn new things about nutrition and healthy consuming, and picked this reserve up as it was well-examined and appeared to have a lot of insight. No-one is perfect. Some individuals may decry his endorsement of modest amounts of artificial sweeteners (in diet plan soda, etc. Some silly detrimental reviews right here from people claiming to be health professionals. I have generally weaned myself off of sweeteners and when I really do use them have a tendency to use monk fruit, but examine Pollock's book and decide for yourself. One of my critiques of the reserve is the forced "60 methods" organizational structure of the book. This outcomes in numerous very brief chapters, many of which are extremely repetitive seemingly only to get the number of ways to lessen your blood sugar up to 60. Bravo! It's an excellent companion to the authors YouTube channel, Beat Diabetes! I am not diabetic and have normal blood sugars; I was incredibly partial to his chapter on flaxseed (pp. Another reviewer suggested that's was too religious - it isn't. The author writes as he would speak to you. An easy browse. He gets repetitious but just to reiterate the considerations. The material he presents is very easily digested (no pun meant) and is valuable, especially if you are just learning to cope with blood sugar problems. I could not really get them in order UNTIL I fasted for 3 days, nothing but water for 72 hours. By using this book as a basis for reference I personally lost 75 pounds and my blood circulation pressure, a 1 C, and cholesterol are totally in order again. God is pointed out once or twice. I wasn't to sure about it, but downloaded it and began to follow the recommendations. Its tips that seems just like a no brainer, but, unfortunately, needs to be said. I plan to make it my objective to ultimately drop all diabetic meds and control it through diet and continued exercise. I am also a registered nurse and also have gained more understanding of diabetes than I have in years of reading continuing education credits accepted by the medical globe. Many thanks. I started exercising and really watching what I eat; Says the dangers of high glucose in an easy manner so good to re-read occasionally if you are bored with being "good". Claimed there was low-carb ice cream - didn't find it at my grocery. But a good The best tips for just about any diabetics This book saved me from an early grave. So don't be put off by the ministry factor. First off, recognize that Dennis Pollock is a diabetic survivor and provides learned most of this by himself. Best diet reserve I've ever read Who would think a diet reserve could be fun to read? It offers sensible strategies to enjoy preferred foods while making small changes that add in drastic carb reductions. The short (2 -3 page) chapters are easy reading, and easy to review. The recipes are excellent. 92-94) and his recipe for "Flaxseed Muffin-in-a-Mug," which introduces the issue of taste. In case you are really sincere about slimming down and improving your health I have discovered that carbohydrates and sugars will be the biggest things you need to eliminate in what you eat and you will lose weight, in case you are sincere about it Life changing My doctor recommended this book after my A1C ongoing to climb. If that offends you, overlook those quick comments - this book is too valuable to ignore.. interesting reserve! If your looking for keto guidance, or a testimonial about veganism your barking up the incorrect tree . One point that he makes repeatedly and I'll echo can be that the foods this type of diet yields aren't as delicious as you might be used to, but they are generally very good, and for medical improvement they bring, are well worth the sacrifice in taste. Chapters are short enough to hold your interest. I go through it since my

doctor explained I had signs to be prediabetic. The author drinks the occasional diet soda, eats the occasional fast food meal and uses artificial sweeteners. Hope it work. They have learned from it as well and agree the author is easy to understand and holds your interest. I am currently implementing his ideas in fact it is working. This guy knows what he's talking about in fact it is practical guidance. I need this information in this reserve to start a new method of eating. But after my second chemo treatment my bloodstream sugars started oscillating broadly.. It was a contrivance for the sake of the name that the publication didn't really need. I gave another duplicate to a pal wanting cut down on carbs. My fasting blood sugar are lowering. I have read books and journals with still no idea how exactly to bring down my fasting blood glucose and control after food blood sugar levels. I've also received advice during the past from a dietician to consume 6-8 bits of bread per day! The verdict from her continues to be out. I desire I had browse this years back, bravo! This publication explained the error of my thinking and explained why I was feeling exhausted and dizzy. Author has a nice sense of humor.Pollock is an evangelistic Christian, and right now there are Biblical references mentioned in passing throughout this function. At least one reviewer had taken exception compared to that, but I'd counter that if you aren't spiritual learn what Pollock must teach about diabetes management and simply overlook the religious element. I gave a duplicate to my pal who's spouse is diabetic. I am on it for weekly and have lost six pounds. Fabulous &. As I am reading more about them I find that Dennis Pollock's teachings are well backed by other experts.therefore encouraging I'm definitely sticking to it. Easy to follow. An easy to learn, mostly common sense, blood sugars control guidebook .) but he does advise with them in moderation, and he makes a very good argument that if you are diabetic or trending for the reason that direction and the alternative is glucose, that the answer may be worse than the cure he proposes. Yes, it is written exclusively for the lay person and if you're an expert that didn't know this stuff already you're in the incorrect job! Spot on Great book, has a lot of good information Good Good book Great no nonsense resource for the brand new diabetic. This book can be an approachable way to get basic, good sense information on diabetes.Most of the tips are highly particular (recommending Calorie Countdown milk, Nature's Own Double Fibers Wheat Bread, using large whipping cream in coffee, recommending beans because of their dietary fiber, etc. . This book provides strategies that can be implemented for the future and goes out of it's method to reassure the reader that experiencing a good meal is still an extremely real likelihood. I am now working with my doctor on diet and exercise, and do not be prepared to need medication to regulate my disease - this publication is ideal for any diabetic. Pollock locations the appropriate focus on the consequences of not gaining mastery over bloodstream sugar issues, the increased loss of life and limb. Fabulous, fabulous book. I learned therefore much. Like most middle of the road people, his approach is most effective for people thinking about maintaining as normal a life as feasible. The focus is certainly on keeping carbs low, proteins and fiber high, and recommends moderate exercise like walking. In other words, hes not really asking us to do pilates and spin classes. Unbelievably, I have dropped 11 pounds in fourteen days and my bloodstream sugars have dropped down into the normal range. Mr. What this publication isn't, is extreamist. I possibly could have written this book before chemo Before chemo I routinely followed the practices outlined in this book. Plus they worked. No one recommended this book to me but I feel so fortunate to have discovered it. Highly recommend this book for anybody This book is wonderful for anyone who truly wants to lose weight and get their sugar under control. Then, FINALLY, I got under 100 for the very first time since that second chemo treatment. Right now I am attempting once again to reunite on my pre-chemo diet. I'm still using intermittent fasting but am hopeful that I could eventually make contact with 3 meals. So--it's an excellent book with plenty of good ideas. If you find it's not quite enough, try adding a water fast. As an atheist I don't enjoy hearing about others beliefs in mythology. I'm pleased to state there was hardly any of this in this publication. I have been diabetic - when my quantities went down on track, I assumed that meant I was cured.The book

is not perfect, but Pollock has some very nice ideas about coping with carbs and blood sugar management. Bottom line: Worth the cost of admission! very needed information my blood sugar has gone threw the roof. I don't think she's read it. Up to now the information is quite informative. An excellent start to trying to lessen your blood sugar An excellent start to trying to lessen your blood sugar. Plus a new diet and exercise I should be able to bring my sugar down. Thanks. but also for years I was over weight and had genealogy of concern.



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