

# CONQUER TYPE 2 DIABETES

— with a —  
**KETOGENIC DIET**



A Practical Guide to  
Reducing Your HbA1c  
and Avoiding Diabetic  
Complications

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## Conquer Type 2 Diabetes with a Ketogenic Diet: A Practical Guide for Reducing Your HBA1c and Avoiding Diabetic Complications



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Consuming these foods results in high blood sugar, and over time, diabetic complications. Type 2 diabetes is today's disease of carbohydrate intolerance, meaning the body isn't able to process carbohydrate (sugars and starches) normally. Staying away from carbs while savoring foods abundant with healthy fats and proteins stabilizes blood sugar levels and reduces and in some cases, eliminates the necessity for diabetic medications. On the other hand, modern advice is to eat carbohydrates and treat the resulting high blood sugar levels with medications and insulin. This "eat carb and take medicine" method escalates the cost of diabetic treatment and does nothing at all to resolve the underlying disease and progression. The logical remedy would be to follow a low-carb ketogenic diet plan because it treats type 2 diabetes at the primary cause. Prior to the invention of insulin in the 1920s, physicians advised diabetics to avoid taking in carbohydrates due to this intolerance. Conquer Type 2 Diabetes with a Ketogenic Diet has all the information you need to successfully manage your diabetes. Furthermore to very clear explanations of the science, this publication includes personal success stories, information on blood sugar monitoring and insulin therapy, the foods to consume also to avoid, cooking tips, how to get started and personalize the diet, medication interactions and even more.



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Straight forward information about utilizing the Keto Diet and also lots of good information regarding the foods and beverages and their Caloric ... Just started my Keto diet under the guidance of my Tampa Florida Doctor Eric Crall, He wanted me to learn this book to comprehend what I could be up against with being overweight and an applicant 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 shed 22 lbs in 3 quick weeks and have improved the Quality of my entire life significantly..!And I am zero where close to the finish collection Goal of 100 lbs !!!!! I love this book I really like this book. Informative Informative Best Ketogenic Diet Book Ever! If you are struggling to really get your blood sugars under control I say go through this book! Worth getting Good guide for the most part but I WISH there is more for reactive-hypoglycemia. Wants to know how exactly to be cope with (more specifics), that monster. Just going low-carb/Keto won't help me sleep thru the 3am adrenaline wakeup. I have read a whole lot about Keto in the last year and this book is the most informative one I've read. Most informative book in Keto I bought this book about a year back because I wanted to accomplish the Keto diet plan but wished to also help my husband because he was diagnosed with Type II Diabetes last summer time. Five Stars Excellent well written easy to read. Recommend it 100% for anyone, even though you aren't diabetic, who wants to do the Keto diet. Super fast! Great book! Extremely filled with good meaty information! Informative. Information good presented for easy understanding . A diabetics friend. I've found no better book than that one. So far, the best book on Keto I've found. Truthfully Ellen Davis Book gets the easiest most self-explanatory method of explaining the ketogenic diet for Type 2 Diabetes. Great interesting book for my father since he is computer illiterate and I have been trying to greatly help him with his diabetes. Every diabetic who wants to lower their blood sugar needs this book!



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