



The Sugar Blockers Diet: The Doctor-Designed 3-Step Plan to Lose Weight, Lower Blood Sugar, and Beat Diabetes--While Eating the Carbs You Love

Rob Thompson

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This groundbreaking plan by Rob Thompson, MD, with the editors of Prevention® magazine teaches readers to outsmart blood sugar spikes so they can eat the carbs they love and still lose weight.

Starches are one of the biggest culprits when it comes to the nation's weight problems. Starches spike blood sugar levels, which can make losing weight nearly impossible. Unfortunately, many of favorite foods-pasta, bread, rice-are the worst offenders. But who wants to cut out these delicious dishes and feel deprived?

By focusing on certain foods that slow the effect of starches on blood sugar, *The Sugar Blockers Diet* offers a smart eating strategy that can be maintained for life. These foods, called sugar blockers, include all kinds of everyday foods from steak or cheese to vinaigrette or a glass of wine. Learning how to include these foods at every meal will not only help readers lose weight, but also help them reverse insulin resistance and defend against diabetes.

In addition to a robust list of sugar blocking foods and strategies, the book includes:

- more than 50 tantalizing, nutrient-rich recipes
- an easy, fun walking plan proven to balance blood sugar and help the pounds melt away
- a proven plan on which real men and women lost up to 18½ pounds and 9¼ inches in just 6 short weeks

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