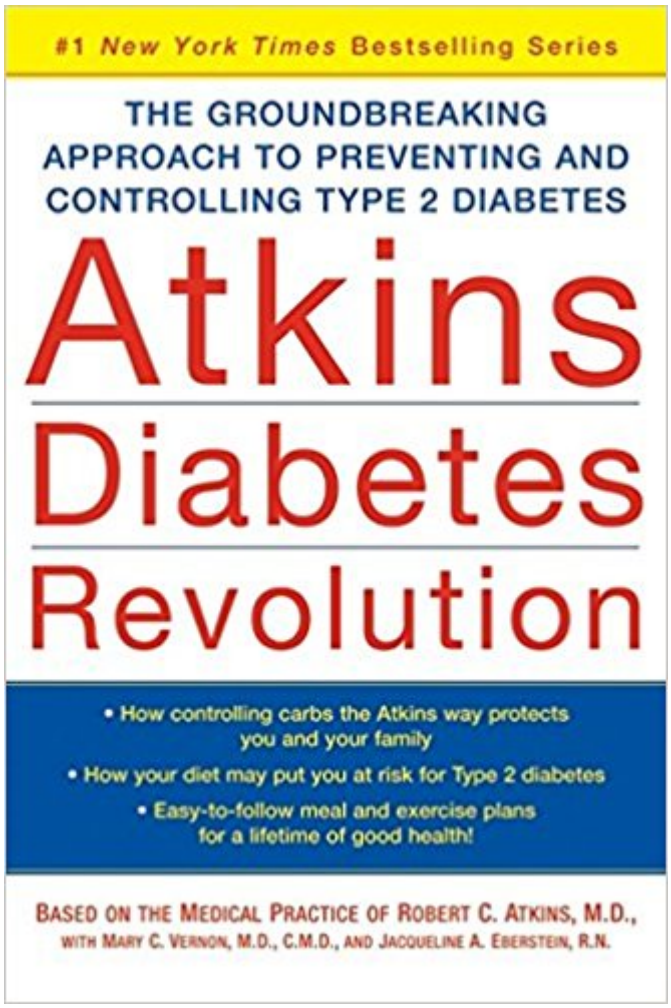
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Atkins Diabetes Revolution: The Groundbreaking Approach To Preventing And Controlling Type 2 Diabetes



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Synopsis

More than a program for living with diabetes, here is a groundbreaking approach to preventing, treating, and even reversing an American epidemic, based on the science of the doctor who invented the low-carb lifestyle and wrote the #1 New York Times bestseller Dr. AtkinsÃ¢â ¬â„¢ New Diet Revolution featuring the Atkins Nutritional ApproachÃ¢â Â¢Ã¢â ¬â • a celebrity-favorite diet perfect for losing weight before your wedding or to bounce back into shape post-baby, or if you just want to look and feel your best.The statistics are staggering. Thirteen million Americans have been diagnosed with Type 2 diabetes; another 5.2 million don't know that they have it. During the past thirty years the diabetes rate has tripled, and each year about 200,000 people die from complications of the disease. The Centers for Disease Control project that one out of every three children born in the year 2000 will develop the disease. But Type 2 diabetes is largely preventable. Find out how you can avoid becoming a statistic.As a respected physician and pioneer in the field of complementary medicine, Dr. Robert C. Atkins recognized early on that diabetes and obesity are twin epidemics, and that the way to reverse both is to permanently change the way people eat. Yet much of the mainstream medical establishment continues to advocate the treatment of diabetes with insulin and other drugs, while recommending a diet high in carbohydrates including sugar, which raises your blood sugar. What you'll learn from reading Atkins Diabetes Revolution is that rather than correcting your metabolism, such a diet can actually increase your risk of developing diabetesÃ¢â ¬â •and heart disease.The Atkins Blood Sugar Control Program (ABSCP) helps you identify the metabolic signposts that indicate trouble long before the onset of Type 2 diabetes so you can stop it in its tracks. If you already have the disease, the ABSCP offers you and your physician a strategy for weight management and blood-sugar control, while minimizing your exposure to drugs.Atkins Diabetes Revolution presents a comprehensive lifestyle program, including diet, exercise, and nutrient supplementation. The book also contains meal plans, recipes, a fitness routine, and case studies. This revolutionary book, a fitting tribute to Dr. Atkins, tackles one of the greatest health challenges you and your family may ever face.

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Customer Reviews

Two colleagues of the late Dr. Robert Atkins take on the obesity epidemic's deadly twin: type 2 diabetes. Dr. Mary Vernon and Jacqueline Eberstein, RN, adapt the carb-cutting, fat-allowing Atkins nutritional approach as a preemptive strike against this fast-growing killer. Diabetes--defined here as a condition in which glucose or blood sugar is above the normal range--is viewed as a preventable problem. "What we hope we have created in this book is a realistic and practical guide to wiping out type 2, one person at a time." Since obesity is the major risk factor for diabetes, they begin with the "fat lie" (i.e., the belief that fat causes obesity) to voice the Atkins mantra: low fat means high carbs and high carbs are broken down into sugar. With a convincing mix of essay/picture testimonials, clinical studies, quizzes, checklists, and menu planners and recipes, Vernon and Eberstein make the case for diet and lifestyle changes to alter the metabolism of those at risk for diabetes. They have done a yeoman's job of translating Atkins's medical nutrition advice into a step-by-step program. One can quibble about their missionary zeal or the omnipresent eggs in the breakfast sample menus. At times, the scientific data are overly detailed or hidden within a quiz. Thankfully, there is a spot-on summary of the book's paradigm-busting ideas in the appendix. -- Barbara Mackoff

Having been marketed to millions as a weight-loss solution, the Atkins diet is now presented as a means of preventing type 2 diabetes, a disease whose rates are skyrocketing, thanks to the prevalence of risk factors such as obesity and high lipid and blood sugar levels. The authors clearly outline their interpretation of the path to diabetes, arguing that carbs cause blood sugar spikes, triggering the release of more insulinÃ¢â ¬â •the hormone that regulates blood sugarÃ¢â ¬â •than the cells need. Blood sugar ends up stored as fat and the body's cells start responding more slowly to the insulin, which leads to elevated blood sugar levels. But the tone the authors adopt when touting their low-carb, high-protein, high-fat approach may arouse some skepticism and even fear.

"In the end, only you can decide what's best for your health," they warn. "You can choose the Atkins approach and improve your health, or you can choose the ADA [American Diabetes Association] approach and descend into more and more medications and poor health." While studies now demonstrate low-carb dieting can lead to weight loss and cholesterol control over the short term, experts tend to agree that diets that demonize one food group aren't easy to stick to over the long haul. Still, the work includes valuable nutritional information and sounds a needed alarm about the diabetes epidemic. Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

This book has become my bible.Low carbohydrate eating has received a bad rap over the years, but I am an enthusiastic convert. Since I received an A1C of 129 and looked in the mirror and saw a grossly obese woman looking back at me, I had been desperately trying to lose weight with no success until I came back to Atkins. I had used it years ago - no health concerns other than obesity - and it worked like a charm.When I found this book here at I though - OK - give it a shot. It was well worth the try. In fact, I can honestly say it has changed my life. No more guilt. No more panic. No more "munchie" attacks. Because of this book I have FINALLY taken control of my eating. It's been a Godsend to me.This book is chock full of valuable information on how to promote this sensible, delicious, healthful way of eating as a weapon again diabetes.As soon as I established exactly what the rules were and how to go about mapping out my meals for each day it became sinfully easy. I'm never hungry, the pounds are dropping off and I feel better all the time. It's a goldmine of information. My sugar is down, my cholesterol is down, my mind is clear and I'm never disappointed with my meals.A typical day for me would be a breakfast omelet of two medium or small eggs beaten with 2 Tbs of heavy cream and filled with 1/4 C of shredded Monterrey jack and cheddar with freshly ground pepper, with a (fresh) sausage patty, and a cup of piping hot black vanilla tea. For lunch I might have a grilled chicken breast (or a generous portion of stewed beef with broth, or medallions of braised pork loin or ...) and a half cup of chunks of cucumber with skin on and a half cup of red bell pepper cut in large chunks with 2 Tbs of ranch (regular) dressing. For dinner I'd have a cup of steaming chicken broth dressed with a Tbs of grated Parmesan to start, 2 center cut pork chops seasoned with garlic and fresh black pepper, and 2 cups of assorted salad greens (including a few grape or cherry tomatoes) dressed with flavored vinegar (no balsamic)and olive oil, or a cup of chunks of celery and peppers with dressing and a cup of steamed broccoli with a pat (or two) of butter. For dessert sugar free gelatin (I make my own - those little cup packs are convenient, but TOO expensive) with whipped heavy cream sweetened with Splenda. For a snack during the day, a

1 ounce stick of smoked string cheese.I swear to you, I no longer experience that hollow, gnawing sense of hunger that drives you to the refrigerator or the cupboard looking for something to fill the hole. I know this sounds too good to be true, but sometimes I have to remember to eat. What a concept, huh?I'm avoiding caffeine. That was the nugget from this book that truly tipped the scales for me. The book's explanation made me realize that I needed to make that change. There were headachey days while I was weaning myself off the caffeine load my body was used to, but after I dropped down to 1 large cup of half/caff Hazelnut coffee at my desk in the morning the weight loss revved up considerably. I've turned to black cherry, strawberry, peach, apricot or green grape flavored sugar free seltzer water instead of colas, or just plain water for most of the rest of the day. I now choose flavored decaffeinated teas and the flavor difference from caffeinated is minuscule.I'm doing a combination of carb and calorie counting, and it works like a charm. This one I learned early on - there's a good reason why the book tells you not to use processed meats - like bacon, many types of sausage, deli or luncheon meats, even wieners. They all contain SUGAR! After using the daily nutrition counter on Sparkpeople it came through to me with a bang that bacon is just not in the cards in large quantities. It is incredibly calorie dense. Better to have fresh salsiccia sausage than honey cured bacon. The calorie difference is stunning!I'm in perpetual Induction - keeping my carbs below 20 per day and my calories below 1800, and I'm losing weight every day. I'm not perfect, so I do go over now and then, but it's easy to get back on the program. One thing that is essential to this program is - you MUST eat. Don't skip meals. Follow the program and you'll be full and thinner before you know it.Remember this - don't eat white food - white bread, white rice, ice cream - perhaps the only truly white food that is allowed is cauliflower which makes a GREAT substitute for mashed potatoes or grated coarsely for rice. I've used it as a substitute for rice in stuffed pepper recipes and it worked beautifully. Eat fruit sparingly, but eat it! Once in OWL (ongoing weight loss) be sure to eat only those with the lowest GI (glycemic index). No fear - there are plenty that fit.Most diets are about deprivation. This is perhaps the most significant thing about Atkins - you'll never feel deprived. You literally pamper yourself with delicious foods, and still you lose weight.The book is for real people. It educates you. It includes recipes, meal plans, discussion on the finest details of what causes diabetes and what is necessary to stop it. It outlines what sugar substitutes to use - which are the most healthful oils - how to break through a plateau - how caffeine affects your blood sugar.This is the quintessential sourcebook. I carry it in my car so I can refer to it when I need to - whether at home, at work, or out in the world just living my life. Teamed up with The Essential Atkins for Life Kit, this book is a real winner.For anyone out there who is diabetic, pre-diabetic, or just plain overweight, this book is sensible, readable, easy to navigate and beautifully effective.Check with

your doctor before committing, but once committed, give it a good solid try. I believe you will find it can work for you. It sure worked for me!

This is a Great Book. It is not just for people with diabetes.If you are having trouble controlling your weight, or having problems with cholesterol or triglycerides, read this book. Mary C Vernon, M D is very knowledgeable and does a great job of: teaching you how to eat, convincing you why this method makes sense , and how it will make you healthier. She is a long time supporter of Dr Atkins and his medical philosophies. She uses Atkins methods in her own medical practice. She adds some important points to Atkins teachings -- like the importance of including fresh fruits and vegetables in your diet.

Akins , around 2012, received the highest marks in a diet study done at Stanford . All US diets, judged by data taken decades after their starts to present time, were in an in depth study lead by a Stanford cardiologist to determine which diet was all over the most sucessful..... Which causes the most weight loss, which one kept weight off the longest, which one tastes best, had the least side effects, filled dieters up the best, etc, etc.....all details. Akins was #1. All that fuss about too much fat, suppose to be bad for the heart..... fat won out over carbs. Was a surprise to most people.....including the leader of the study. A cardiologist, he was in complete shock..

Doctor told me I was on the line and becoming diabetic like all my family members. I said no.Read this book ... basic and straightforward. I'd read about the author and her practice in Men's Health. I followed her advice step by step. It's a lifestyle change. I ate different and cooked different. I started walking every day. More and more. I lost weight and changed my blood chemistry. Shocked my doctor. Cholesterol and thyroid and blood pressure all moved to normal.Is it hard to give up some food? Yes.Does it take dedication to stick with this? Yes.This book is a map to health.It'll only take you there if you follow it.

Had blood test done on July 12th and immediately got a call from the doctor's office that I had to start shooting myself with insulin, take metformin, and lovastatin because my blood sugar was very high and I had type 2 diabetes. I had done the Dr. Atkins Diet Revolution back in the mid 70's and lost 60 lbs in 8 months so I knew it would work for me. BTW, I was able to keep the weight off for many years but gained 20 lbs when I got pregnant with my youngest.There was no way I was going to shoot myself with insulin but I did start taking the metformin. After 4 days into the metformin, I had

to stop because of extreme digestive side effect. The first time I checked my blood sugar it was at 342. I ordered and read the Atkins Diabetes Revolution and found that it's basically the same as the original Atkins Diet so I've strictly followed it. I have steadily gone down to 123 blood sugar level in the morning and am well within the normal range for after my last meal of the day.The book is great, it has very detailed information regarding the chemical changes in the body when you have type 1 or type 2 diabetes. It is very thorough. I enjoyed the writing style of the authors and strongly recommend to anyone who is facing the diabetes challenge. The diet works for both losing weight and also lowering blood sugar levels.

This is an important book. I recommend it all the time. But I don't much like the recipes. It recommends things that are expensive or impossible to find. The Kindle version is hard to use. The tables and quizzes are screwed up. The meal plan tables are sideways and hard to read. There are several references to page numbers, which are useless in Kindle.

Good book for explaining why you need to change your diet. After this one I purchased " The New Atkins for the New You" and I like it even better.I kind of poopooed this way of eating for years until my Dr. told me to lose weight and lower the carbs and cut out the sugar because I was prediabetic.I have to say this really works

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