



# Blood Sugar Blues

**OVERCOMING THE HIDDEN DANGERS OF  
INSULIN RESISTANCE**

THE SURPRISING LINK BETWEEN  
STARCHES AND SUGARS AND:

HIGH BLOOD PRESSURE

HEART DISEASE

HIGH CHOLESTEROL

DIABETES

MULTIPLE SCLEROSIS

ARTHRITIS

AND MORE!

**Miryam Ehrlich Williamson**

FOREWORD BY R. PAUL ST. AMAND, M.D.

# Blood Sugar Blues Overcoming The Hidden Dangers Of Insulin Resistance

**Dennis Pollock**



## **Blood Sugar Blues Overcoming The Hidden Dangers Of Insulin Resistance:**

**Blood Sugar Blues** Miryan Ehrlich Williamson, 2001-09-01 For those who are insulin resistant Blood Sugar Blues is a passionate and highly informed guide to better health and a clarion call for easily accomplished lifestyle modifications

**Breaking the Aging Code** Vincent C. Giampapa, Miryan Ehrlich Williamson, 2003-11 In this groundbreaking book a visionary plastic surgeon and anti aging pioneer presents a radical new theory on how people age suggesting that the body is not irreversibly programmed by a finite number of cell divisions to age and die but rather is built for longevity and self repair

**A Stroke Was My Teacher** James Crawford, 2011-07-22 The book begins by revealing new ideas about how and why embolic stroke and heart attacks share a common history involving clot formation The only distinction between the two diseases is where the clot finally stops If in the brain it results in a stroke if in the heart muscle a heart attack Thus the first portion of the book Chapters 1-4 documents how the mechanism of clot formation was studied through the eyes of a lifelong research scientist who was not a stroke expert but a stroke survivor Described in those chapters are entirely new ideas about how and why clots form and how to prevent them While my four years of stroke investigation so far was unfolding I simultaneously carefully recorded my daily observations as I experienced an embolic shower type of stroke My goal was to assemble a guide for all stroke victims alerting them what to expect and also my evaluation of a number of treatment modalities nutrients supplements etc designed to save money and frustration to newcomers to the stroke world as well as the initiated The big difference between this and other accounts of embolic stroke is that in this case it is framed in the context of an aging body If you do not already know this distinction is important since there is a fine line between the effects of aging and the effects of stroke The upshot of this book is to offer my evidence to the reader that stroke and heart attack are largely avoidable diseases My thought is if the reader thinks what I say makes sense they can take the recommended action starting today to minimize their risk And it is so incredibly simple and virtually cost free

**Integrative Therapies for Fibromyalgia, Chronic Fatigue Syndrome, and Myofascial Pain** Celeste Cooper, Jeffrey Miller, 2010-02-05 A guide to coping with fibromyalgia myofascial pain and chronic fatigue syndrome Reveals how to deal with each disorder and how treatments can interact or aggravate if more than one disorder is present Offers techniques to dispel the side effects created by these illnesses Fibromyalgia chronic myofascial pain and chronic fatigue syndrome are often seen as interchangeable conditions a belief held even by many health care providers Nothing could be further from the truth however they do often coexist Knowing if more than one of these disorders is present is extremely important because the treatment for one of them can often exacerbate the problems caused by the others Written by a registered nurse and a psychologist who has been treating these conditions since 1994 this book presents an integrative medical approach to these three disorders with a strong emphasis on utilizing and strengthening the mind body connection to restore well being The authors provide a thorough guide to numerous treatment options from diet exercise and herbs to mindfulness meditation chi kung and

nonsteroidal anti inflammatory drugs NSAIDs They also offer techniques to dispel the brain fog that these disorders often create and show how to overcome the resultant obstacles to effectively communicating with your doctor The additional information included on the psychological issues that accompany these chronic pain disorders allows this integrative treatment guide to open the door not only to physical recovery but also emotional and mental well being *What Your Doctor May Not Tell You About Fibromyalgia* R. Paul St. Amand, Claudia Craig Marek, 2012-09-24 Over a decade ago Dr R Paul St Amand an experienced endocrinologist and UCLA assistant clinical professor published his protocol for reversing fibromyalgia based on nearly half a century of research This book offers Dr St Amand s latest research on guaifenesin an inexpensive safe and increasingly available medication that can help reverse the disease The authors have seen symptoms eliminated and normal quality of life restored in an astonishing 90 percent of patients they treated with guaifenesin Updated and revised with more patient anecdotes and a deeper understanding of symptoms treatments and results readers will find more information about the current treatment of fibromyalgia and what causes it new results from Dr St Amand s studies about the efficacy of guaifenesin treatment changes in disease protocol discussion of pharmaceuticals in treatment and much more *The PCOS Diet Book* Colette Harris, 2002 Colette Harris provides a practical plan for sufferers of Polycystic Ovary Syndrome with various diets to suit each individual accessible explanations of nutritional science and hormonal health and an emphasis upon personal and emotional well being **What Your Doctor May Not Tell You About(TM): Fibromyalgia Fatigue** R. Paul St. Amand, Claudia Craig Marek, 2003-10-01 The authors of the successful *What Your Doctor May Not Tell You About Fibromyalgia* present a revolutionary new guide to help sufferers relieve their chronic fatigue *The Publishers Weekly*, 2001 **Library Journal**, 2001 **Dojo Wisdom for Writers** Jennifer Lawler, 2004 The Way of the writer is not always straight Sharing 100 essential lessons an expert shows how to unleash the inspired writer within using the wisdom of the martial arts *Forthcoming Books* Rose Arny, 2001-08 *American Book Publishing Record*, 2002 **The Writers Directory**, 2013 *Ebony*, 2004-07 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **Popular Science**, 2005-09 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better **Overcoming Insulin Resistance** Heath Easton, 2015-02-26 Overcoming Insulin Resistance Control Blood Sugar Lose The Belly and Get Your Life Back Insulin resistance is one of the most widespread health problems affecting western culture It affects at least 86 million adults in the USA alone and it s estimated that 80% of overweight people suffer from insulin resistance Insulin resistance is one of the most insidious health problems out there once it develops it can be difficult to spot the symptoms but it will wreck your energy levels and ruin your efforts live a healthy and happy life making it harder for you to lose weight and gain muscle But many people don t know what it is let

alone realize they have it Unable to Lose Weight Insulin resistance makes it easier to gain fat but harder to lose it Finding it Difficult to Build Muscle Tone Insulin resistance makes it more difficult for your body to build and maintain muscles Do You Feel Often Tired and Hungry Insulin resistance causes you to feel fatigued and creates cravings for junk food But there's good news too You can reverse insulin resistance without drugs or surgery A little knowledge and education combined with the right diet and lifestyle changes can help you to heal your body and feel better than ever before Inside you'll learn Exactly how Insulin resistance develops in the body Signs you may be suffering from insulin resistance How Insulin resistance could be affecting your health weight and energy levels The best route for overcoming insulin resistance The insulin resistance diet including my favorite insulin resistance beating recipes Top tips and strategies for reducing insulin resistance and becoming healthier

**What No One Tells You About Type 2 Diabetes, Until It's Too Late: The Hidden Dangers, Silent Saboteurs, and Powerful Strategies for Reclaiming Your Health**

Ardenia Fabren, Are you tired of the vague advice the overwhelming confusion and the gnawing fear that you're missing something crucial about Type 2 Diabetes Do you suspect there's more to managing or even preventing this life altering condition than what you've been told You're right What No One Tells You About Type 2 Diabetes Until It's Too Late is the eye opening myth busting and ultimately empowering guide you desperately need This isn't just another diet book or a rehash of common knowledge This is the book that pulls back the curtain on the hidden dangers silent saboteurs and often unspoken truths surrounding Type 2 Diabetes T2D prediabetes and insulin resistance knowledge that can empower you to take control before you're blindsided by serious irreversible diabetes complications So many are told they have a touch of sugar or that their blood sugar is a little high without fully understanding the profound metabolic dysfunction already at play This book reveals how insulin resistance can silently wreak havoc for years long before an official T2D diagnosis setting the stage for neuropathy nerve damage retinopathy eye damage leading to potential blindness nephropathy kidney disease and a massively increased risk of heart disease and stroke the 1 killer for those with diabetes Inside What No One Tells You About Type 2 Diabetes Until It's Too Late you will discover The Truth Beyond A Touch of Sugar Uncover the deep seated reality of insulin resistance and metabolic syndrome the true culprits behind high blood sugar and A1c levels The Silent Creep Learn to identify the subtle often ignored early symptoms of diabetes that your body might be whispering years before they scream Understand the critical danger of prediabetes it's not a safe zone but a crucial warning It's Just My Genes Right Debunk the myth of genetic inevitability While heredity plays a role discover how lifestyle choices and epigenetics can dramatically influence your risk and progression of T2D The Domino Effect of Complications Confront the devastating long term diabetes complications that are often downplayed until significant damage is done We detail the impact on your nerves eyes kidneys heart brain health including links to cognitive decline and dementia and more Navigating a Flawed System Understand why your doctor's 15 minute appointment might not be enough the pressure to manage numbers over root causes and how to become your own best health advocate The Pill Isn't a Panacea

Learn the limitations and realities of diabetes medications They manage symptoms they don't CURE Type 2 Diabetes and can lead to medication complacency if lifestyle changes for diabetes aren't prioritized The Hidden Emotional it's an urgent wake up call a comprehensive roadmap and a beacon of hope It equips you with the crucial knowledge and practical tools to fight back against Type 2 Diabetes manage your blood glucose effectively minimize your risk of debilitating complications and live a healthier more vibrant life Don't wait until too late becomes your reality Empower yourself with the truth today and take the first step towards a healthier future Your journey to taking back control starts NOW **Beating the Blood Sugar**

**Blues** Thomas A. Lincoln, John A. Eaddy, 2001 The key to diabetes self management is blood sugar control Low blood sugar can cause complications ranging from headaches and nausea to shock or even a coma This book provides proven wisdom and methods for controlling blood sugar levels and living healthily with diabetes **Overcoming Runaway Blood Sugar**

Dennis Pollock, 2006-01-01 After author Dennis Pollock experienced a serious diabetic episode his desire to understand the whys of blood sugar fluctuation its potential damage to the body and the ways of prevention led him on a quest for answers Now Pollock helps others achieve optimum health as they explore what people should know about the blood sugar delivery system reasons to change our lifestyles and why faith is a great motivator a diet and exercise program that works Good health comes when good information is followed by action This book is for everyone who is eager to trade fatigue weight gain and illness brought on by blood sugar level changes for a life of optimum health Diabetes Beyond Sugar 2 MED.

SPIRIT, 2025-03-14 For years diabetes has been misunderstood with diet and sugar intake often blamed as the sole cause But the truth is far more complex In Diabetes Beyond Sugar 2 Med Spirit reveals the hidden factors that silently impact blood sugar from sleep and stress to aging and cultural influences This book goes beyond diet breaking down how circadian rhythms mental health and metabolic changes over time shape diabetes risk and management You will discover How poor sleep can lead to insulin resistance and what to do about it Why chronic stress raises blood sugar even if your diet is perfect The real impact of aging on metabolism and how to stay in control Global lessons on diabetes including how different cultures prevent and manage the condition Whether you are newly diagnosed at risk or supporting a loved one Diabetes Beyond Sugar 2 provides clear science backed insights to help you take control of your health beyond just food choices Empower yourself with knowledge and finally understand what is really driving diabetes

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