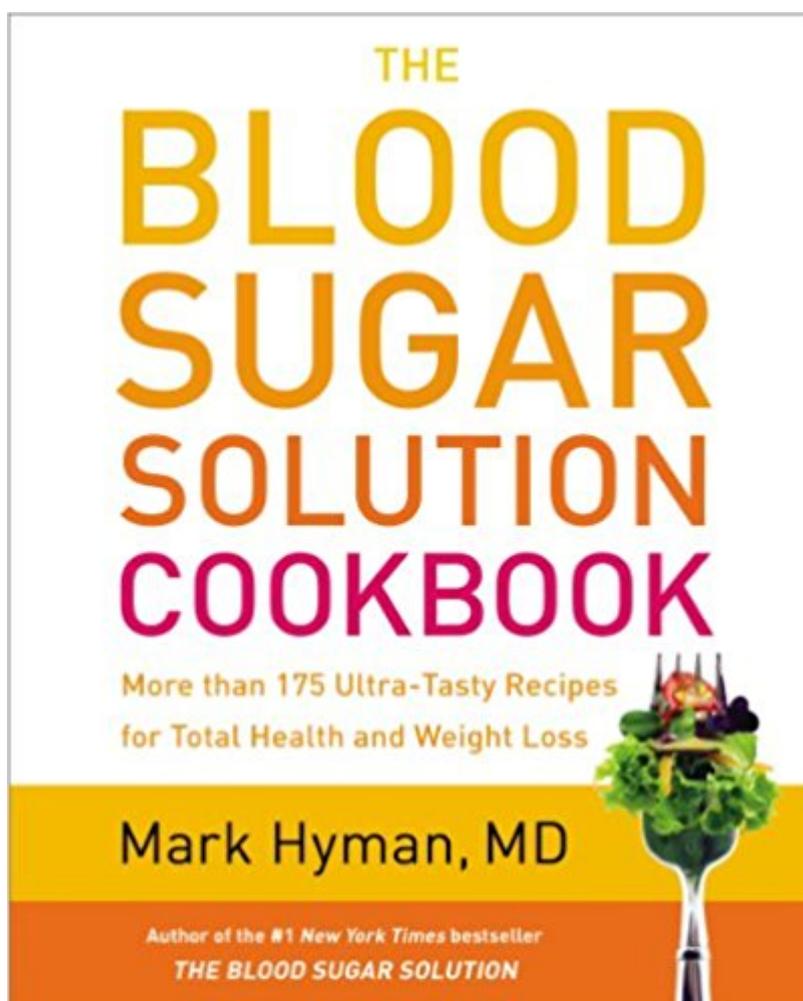


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# The Blood Sugar Solution Cookbook: More Than 175 Ultra-Tasty Recipes For Total Health And Weight Loss



## Synopsis

In THE BLOOD SUGAR SOLUTION COOKBOOK, Dr. Mark Hyman shares recipes that support the BLOOD SUGAR SOLUTION lifestyle. In 1900, only two percent of meals in America were eaten outside the home; now it is over fifty percent. Dr. Hyman calls for readers to take back their health by taking back their kitchens. The major culprit of diabetes, obesity and heart disease is insulin imbalance. Following Dr. Hyman's scientifically based program for rebalancing insulin and blood sugar levels, this cookbook presents 175 delectable recipes that are free of allergens and harmful inflammatory ingredients. Readers will exchange toxic factory-made foods for nutritious and easy-to-make dishes such as Chicken Satay with Peanut Sauce, Mexican Shrimp Ceviche, Tuscan Zucchini Soup, Raspberry Banana Cream Pie Smoothie, Chocolate Nut Cake, and more. THE BLOOD SUGAR SOLUTION COOKBOOK will illuminate the inner nutritionist and chef in every reader.

## Book Information

Hardcover: 384 pages

Publisher: Little, Brown and Company; 1 edition (February 26, 2013)

Language: English

ISBN-10: 0316248193

ISBN-13: 978-0316248198

Product Dimensions: 8 x 1.5 x 9.8 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (567 customer reviews)

Best Sellers Rank: #9,296 in Books (See Top 100 in Books) #17 in [Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#) #35 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb](#) #37 in [Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate](#)

## Customer Reviews

I picked up Dr. Hyman's The Blood Sugar Solution Cookbook because at the age of 57 I've finally progressed from being pre-diabetic to having Type II diabetes, no doubt brought on by a lifetime of poor eating habits. I don't want to spend the rest of my life battling a debilitating disease. So after reading his book The Blood Sugar Solution, I'm ready to put into action what sounds like common sense cooking and eating. I've been looking forward to this cookbook, because it can be difficult to "convert" our old recipes to fit this new way of cooking. If you're like me, your grocery shopping list

will look NOTHING like what you've been buying before now. Be prepared to think differently about what you feed your body. Dr. Hyman's goal, and the purpose of this healthy way of eating, is to help us prevent (preferably) or reverse two life-threatening epidemics...obesity and diabetes...or what he calls "Diabesity." He's done tons of research that explains why after so many years and so many "diets," we're so much more physically ill. If you haven't read his book, that's okay because I would say *The Blood Sugar Solution Cookbook* can certainly stand on its own. He actually covers a lot of the same basic information you need...such as taking a quiz to determine whether or not you're suffering from "diabesity". He also encourages you to visit his web site where you can find lots of information and join support groups...if that is of interest to you. The recipes in this cookbook are based on a healthy eating plan that cuts out all types of sugars (the main focus and of course my point of weakness!), flour, processed foods, and packaged foods. In other words...our meals should contain "real", unaltered, unprocessed whole foods.

I was offered an advanced review copy of this cookbook, and decided to give it a look. Although I don't have diabetes, my mother died of complications from it, and I'm cautious about following in her footsteps. So, I do my best to eat a balanced healthy diet. That means a combination of protein, fat, and yes, carbs. I also love to cook, and have amassed a collection of cookbooks from around the world. Given my background, a good number of them would be categorized as "healthy eating"-type books. My primary beef with most low-carb diets is an over-reliance on individual glycemic index "scores." This book does NOT take that approach. It recognizes that these individual scores can be mitigated by what else one consumes at the same time, and that "glycemic load" is more realistic than "glycemic index" in determining the impact on blood sugar. In other words, some carbs are OK, in moderation, and combined with other foods. From page 36, "Adding fiber, protein, or fat to any carbohydrate will also lower the glycemic load of the meal." And the recipes reflect this sensible approach. So what about the recipes? They're divided into two groups: "basic," and "advanced." The "advanced" group is much more restrictive, and is for people who are seriously obese, who already have diabetes, or who have other conditions that necessitate a more restrictive approach. There is a self-quiz in the introductory chapters that tells you which set of recipes to use as a start. The advanced recipes eliminate grains and starchy vegetables and limit fruits to 1/2 C per day. Even with these restrictions, there are some excellent recipes in this section.

I must admit that I was surprised when Mark Hyman's publicist asked if I would like to see the *The Blood Sugar Solution Cookbook: More than 175 Ultra-Tasty Recipes for Total Health and Weight*

Loss several weeks ago. While I review many cookbooks, I don't often review "health food" books or, heaven forbid, diet "cookbooks." All too often "health food" and "diet food" run quite counter to my food philosophy. I believe that food should be fresh, home-cooked, and local if that is feasible, not special expensive dehydrated "food" that you have to buy from some plan. (There is a reason that they call it the diet industry - emphasis on industry!) I also happen to think that food should taste good and not be loaded with artificial sweeteners and preservatives. I don't follow all of the latest fads in diets so I had never heard of The Blood Sugar Solution, so WOW was I ever surprised when The Blood Sugar Solution Cookbook: More than 175 Ultra-Tasty Recipes for Total Health and Weight Loss showed up a couple of days later. Other than a handful of smoothie recipes (I don't like smoothies - any of them, not just these), there isn't a single recipe in this book that I wouldn't cook, eat and serve to guests. Many of them are quite similar to things that I already make. I didn't come across a single recipe where my first thought was "my family wouldn't touch that" - and that is very important.

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