



# The 8-Week Blood Sugar Diet: How to Beat Diabetes Fast (and Stay Off Medication)

*Michael Mosley*

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**The 8-Week Blood Sugar Diet: How to Beat Diabetes Fast (and Stay Off Medication)** Michael Mosley  
A groundbreaking guide to defeating diabetes without drugs—including a step-by-step diet plan, recipes, and the science behind why the program works—from #1 *New York Times* bestseller Dr. Michael Mosley whose life-changing *FastDiet* series brought on “a health revolution” (*New York Times*).

*The 8-Week Blood Sugar Diet* is a radical new approach to the biggest health epidemic threatening us today...

Our modern diet, high in low-quality carbohydrates, is damaging our bodies—producing a constant overload of sugar in our bloodstream that clogs up our arteries and piles hidden fat into our internal organs. The result has been a doubling in the number of type 2 diabetics, as well as a surge in those with a potentially hazardous condition—prediabetes. It is now known that even moderately elevated blood sugar levels can trigger heart disease, stroke, dementia, and cancer.

Scientists have recently demonstrated that you can prevent and even reverse type 2 diabetes with a simple change in diet and lifestyle.

Drawing on the work of Professor Roy Taylor—one of the UK’s foremost diabetes experts—and his own experience as a one-time diabetic, Dr. Michael Mosley presents a groundbreaking, science-based, 8-week plan for diabetics who want to reverse their condition (and then stay off medication). He also offers a more flexible regime for people interested in the extensive health benefits to be gained from lowering their blood sugar levels and shedding dangerous fat.

As Dr. Mosley says, it is never too late to act...

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