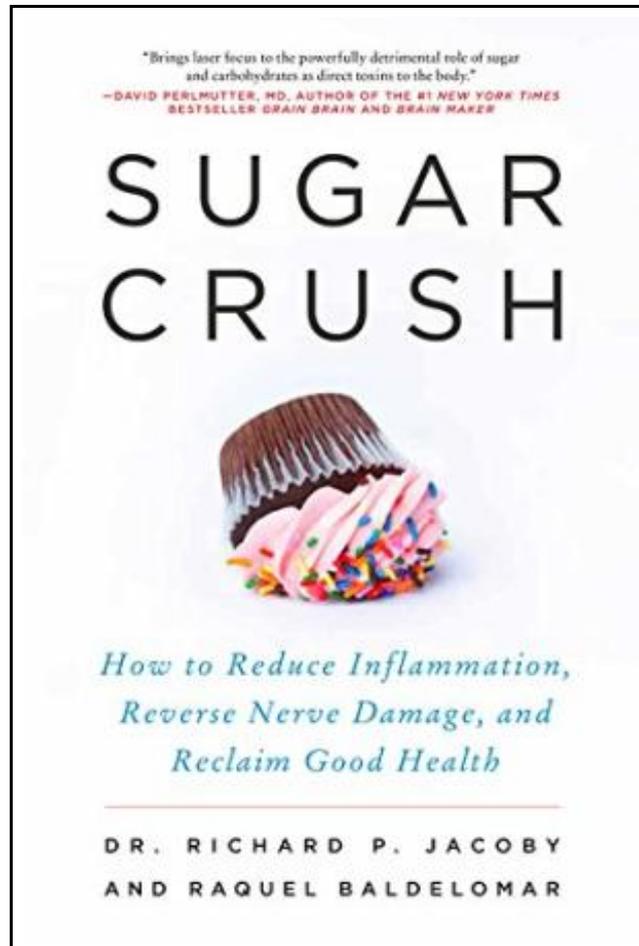


## Sugar Crush: How to Reduce Inflammation, Stop Pain, and Reverse the Path to Diabetes



Filesize: 5.26 MB

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*This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book.  
(Miss Vernie Schimmel)*

## SUGAR CRUSH: HOW TO REDUCE INFLAMMATION, STOP PAIN, AND REVERSE THE PATH TO DIABETES



HarperCollins Publishers Inc. Hardback. Book Condition: new. BRAND NEW, Sugar Crush: How to Reduce Inflammation, Stop Pain, and Reverse the Path to Diabetes, Richard M D Jacoby, Raquel Baldelomar, What Grain Brain did for wheat, this book by a leading peripheral nerve surgeon now does for sugar, revealing how it causes crippling nerve damage throughout the body-in our feet, organs, and brain-why sugar and carbohydrates are harmful to the body's nerves, and how eliminating them can mitigate and even reverse the damage. Sugar Crush exposes the shocking truth about how a diet high in sugar, processed carbohydrates, and wheat compresses and damages the peripheral nerves of the body, leading to pain, numbness, and tingling in the hands and feet, along with a host of related conditions, including migraines, gall bladder disease, and diabetes. If you suffer from ailments your doctors can't seem to diagnose or help-mysterious rashes, unpredictable digestive problems, debilitating headaches, mood and energy swings, constant tiredness-nerve compression is the likely cause. Over the years, Dr. Richard Jacoby has treated thousands of patients with peripheral neuropathy. Now, he shares his insights as well as the story of how he connected the dots to determine how sugar is the common denominator of many chronic diseases. In Sugar Crush, he offers a unique holistic approach to understanding the exacting toll sugar and carbs take on the body. Based on his clinical work, he breaks down his highly effective methods, showing how dietary changes reducing sugar and wheat, coinciding with an increase of good fats, can dramatically help regenerate nerves and rehabilitate their normal function. Sugar Crush includes a quiz to assess your nerve damage, practical dietary advice, and the latest thinking on ways to prevent and reverse neuropathy. If you have diabetes, this essential guide will help you understand the dangers...

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