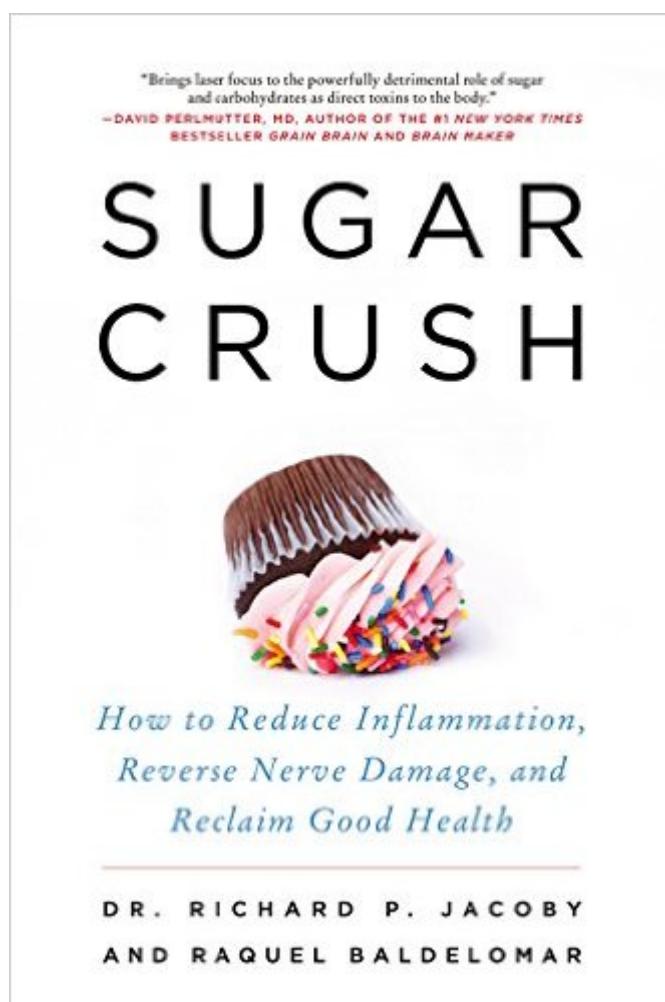


The book was found

Sugar Crush: How To Reduce Inflammation, Reverse Nerve Damage, And Reclaim Good Health



Synopsis

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 bodyâ "in our feet, organs, and brainâ "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 canâ "t seem to diagnose or helpâ "mysterious rashes, unpredictable digestive problems, debilitating headaches, mood and energy swings, constant tirednessâ "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 and give you the tools you need to make a difference beyond your doctorâ "s prescriptions. If you have the metabolic syndrome or prediabetes, or are just concerned about your health, it will help you reverse and prevent nerve damage.

Book Information

Paperback: 256 pages

Publisher: Harper Wave; Reprint edition (February 16, 2016)

Language: English

ISBN-10: 0062348221

ISBN-13: 978-0062348227

Product Dimensions: 5.3 x 0.6 x 8 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (106 customer reviews)

Best Sellers Rank: #15,596 in Books (See Top 100 in Books) #14 inÂ Books > Medical Books >

Customer Reviews

The sugar industry may put a hit out on him. This is the best argument against sugar intake I've read to date. He has a lot of discussion of peripheral neuropathy (which is not caused by diabetes alone.) He talks about proper diet--largely ketogenic (read the work of Dr. Mary Newport who generously shares her diet in PDF form at

<http://www.coconutketones.com/pdfs/DietGuidelinesForCoconutOil2013.pdf> for some good info on ketogenic diets that have been around for about a century). Overall he supports a paleo diet, but no artificial sweeteners. There are dietary guidelines in the book. There are nutritional supplement suggestions. There is a surgery for neuropathy he discusses the Dellen Decompression Procedure. I'd not heard of that one though it has been around for a few decades. Beats amputation. Read pages 31-37 in particular for most of that information. Pages 186-189 are charts of foods to eat. He adapts that alternative to a ketogenic diet (which is a tough row to hoe) from the Mercola diet, a lot easier for most folks to follow. So you do get choices. He says absolutely as everyone I have any respect for anymore has stated: stop eating processed foods; stop eating sugar; stop eating deep-fried foods. He suggests starting the day out with hot buttered coffee. That's pages 173-175. Have a mug of coffee with 1 tablespoon of organic unsalted butter. You can use decaf, but he says his caffeine-sensitive patients said they can drink regular this way without jitters. This helps suppress appetite. You will "undo" that if you start eating sweets; eating sweets lead to "hunger." He has a good deal of well-documented scientific info on how the body works (nerves and such) at the start which is comprehensible and worth reading.

If you are still eating some sugar in your diet after reading books like Robert Lustig's Fat Chance, this book will make you give it up for good. With terrifying detail, Richard Jacoby discusses the mechanics of how too much dietary sugar eventually leads to the crippling nerve damage, infection, gangrene and amputation that are the hallmarks of advanced metabolic disease. In fact, you could have serious damage long before the diabetes diagnosis. It is full of nuggets of new information, such as how such diseases as ALS, gallbladder disease, or even Bell's palsy may be related to this sort of damage caused by sugar. That said, I have some reservations, none of which are enough to justify knocking off a star. I think he is too cool with dairy products and red meat, despite some

evidence that they increase risk of cancer and heart disease. He misses the problems with too much protein, which is that it can increase cancer risk and also convert to glucose. In general, the longest lived and healthiest societies on earth, such as the Japanese and the Europeans that live around the Mediterranean, do eat some carbs in the form of grain products, rice for the former and pasta for the latter. He does not show that rigorously giving all that up completely leads to greater longevity. He also unfairly bashes stevia and claims that you should do without a sweet taste in your mouth altogether. I think this is harsh and unnecessary. No one ever gets diabetes from putting stevia in their coffee. To be fair, he allows a more flexible form of his recommended diet which is based on glycemic index and glycemic load. Finally, he should have recommended coconut oil rather than butter for the bulletproof coffee. I do this and it's awesome.

[Download to continue reading...](#)

Sugar Crush: How to Reduce Inflammation, Reverse Nerve Damage, and Reclaim Good Health
Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammology)
Fight Inflammation: Favorite 25 Quick & Easy Recipes To Heal Chronic Disease And Inflammation
Blood Sugar Solution and Cure Diabetes - How to reverse diabetes, lose weight quickly and Lower Blood Sugar. Type 2 Diabetes diet, Insulin Resistance diet and Diabetes Cure for Healthy Living
Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Eating Clean: Reset Your Body, Reduce Weight and Get Rid of Inflammation - Healthy Whole Food Recipes What Every Good Lawyer Wants You to Know: An Insider's Guide on How to Reduce Stress, Reduce Costs and Get the Most From Your Lawyer Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Minimalist Muscle Activation: Crush Structural Imbalances, Find Clarity in Your Movement, and Live Pain-Free and Strong Now and in the Future The Autoimmune Fix: How to Stop the Hidden Autoimmune Damage That Keeps You Sick, Fat, and Tired Before It Turns Into Disease Diabetes: Diabetes Diet: The Top 100 Diabetic Foods to Eat for a Highly Effective Diabetes Diet and 15 Diabetic Recipes to Lower Blood Sugar: Diabetes ... Diet, smart blood sugar, sugar detox Book 4) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet) Love Your Lady Landscape: Trust Your Gut, Care for 'Down There' and Reclaim Your Fierce and Feminine SHE Power Inflammation, Lifestyle and Chronic Diseases: The Silent Link (Oxidative Stress and Disease) Diabetes: Type 2 Diabetes: 30 Natural

Methods for Preventing & Reversing Diabetes. Your Guide to: Lower Blood Sugar. (Reversing Diabetes, Hyperglycemia, High Blood Sugar, Sugar Detox) Diabetes: How to Lower Blood Sugar Naturally Without Drugs in 4 Weeks: (Diabetes, Lower Blood Sugar, Zero Sugar, Natural Remedies) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Forever Painless: End Chronic Pain and Reclaim Your Life in 30 Minutes a Day Lyme Brain: The Impact of Lyme Disease on Your Brain, and How To Reclaim Your Smarts NCLEX: Pharmacology for Nurses: 105 Nursing Practice Questions & Rationales to EASILY Crush the NCLEX! (Nursing Review Questions and RN Content Guide, ... Guide, Medical Career Exam Prep) (Volume 10)

[Dmca](#)