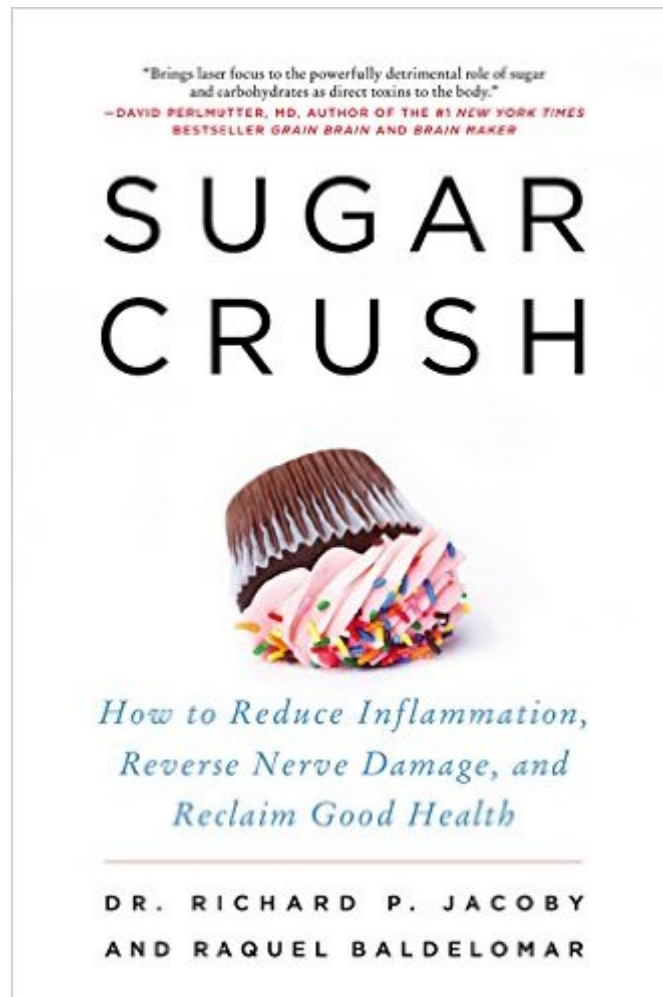


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# Sugar Crush: How To Reduce Inflammation, Reverse Nerve Damage, And Reclaim Good Health



## 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 can'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 doctor'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

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## 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 Dellon 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.

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