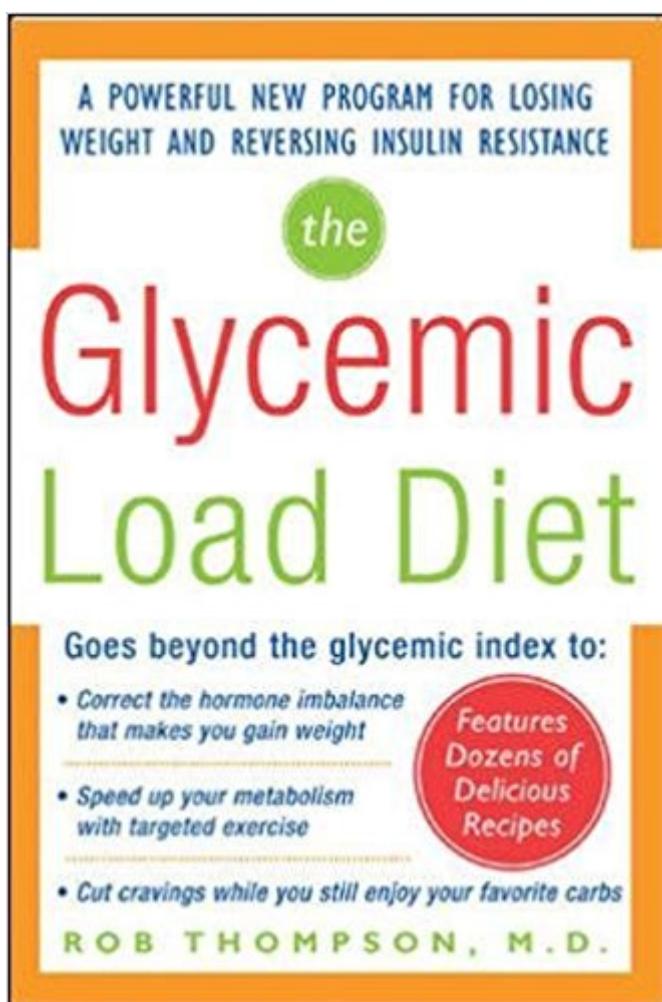


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# The Glycemic-Load Diet: A Powerful New Program For Losing Weight And Reversing Insulin Resistance (Dieting)



## Synopsis

A cardiologist's revolutionary weight-loss plan that allows dieters to enjoy good carbs while still losing weight. The glycemic index has been the basis of many popular diets. But it doesn't take into account the serving sizes people actually eat and eliminates too many foods for dieters to stick with it. Now Dr. Robert Thompson's breakthrough program uses the glycemic load--the glycemic index adjusted for serving size--to take the GI a step forward. The glycemic load is a more accurate and effective tool in controlling weight and insulin resistance, allowing dieters to eat more foods while still burning fat, cutting cravings, and speeding up their metabolism. Safe, simple, and scientifically proven, it's the smartest weight-loss plan yet.

## Book Information

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## Customer Reviews

It's not about willpower--it's about your body chemistry. You've tried dieting, and, after some initial success, you always seem to put the weight back on. Stop blaming yourself! The problem isn't with you; it's with the diets themselves. Many are based on the glycemic index, which doesn't make a distinction between good carbohydrates, such as carrots, from bad ones like starches--potatoes, white pasta, sugar, etc. Nor do they take into account real-life serving sizes; the GI numbers are based on lab-controlled portions. The good news is that nutritional scientists have developed the glycemic load, a powerful new tool for controlling weight that's based on what people actually eat and allows for more of a variety of foods. In *The Glycemic-Load Diet*, cardiologist Dr. Rob

Thompson unveils a revolutionary eating and exercise plan that helps you reverse insulin resistance, allowing you to: Eat more of the foods you like Eliminate cravings for starchy foods Eat chocolate and still lose weight! Speed up your metabolism with regular, non-strenuous exercise Keep the weight off without "dieting"

Rob Thompson, M.D., is a board-certified cardiologist in private practice who has counseled patients with high blood cholesterol and heart disease for more than twenty-five years. He is on staff at Swedish Hospital Medical Center in Seattle and is the author of *The New Low-Carb Way of Life*.

The task of eliminating or reducing high glycemic food seems complicated until you read the book. It almost seems too simple. His explanations of the mechanism of insulin resistance makes it clear why Low glycemic load foods benefit our body. It's helpful to have your family (or dining partner) read it also as it clears up the myth of "weak willpower" as the cause of elevated blood glucose and insulin resistance. Just a week of decreasing "white" carbs and eating the protein at the start of my meal has made a difference. No after lunch tiredness and pre-dinner fatigue, and no feeling of strong sudden hunger right before bedtime.

Once I started reading this book, I couldn't put it down!! I finished it in four hours. The book is easy to read, understand and is very informative. If it weren't for this book, I would have little to no knowledge about diabetes, the glycemic index vs load! I've tried to research them before but it was confusing for me. This was simple and I immediately started following Dr. Thompson's recommendations and I am now on day two of following the principles of the book. So far, I feel great. I am eating zero carbs but I feel full and for much longer.

I can't say enough about how this book changed my health. Awesome is the best word I can come up with. I've read it front to back twice already, and refer to it almost daily. It makes so much sense, that it seemed too good to be true. I even confronted doctors with the info, and they admitted this book was spot on when it comes to diet and health and weight loss. I admit it was sort of a challenge at first to change my eating habits, as all diets are. But, if you're committed to losing weight, getting healthy, and changing all the numbers regarding health issues, there is no other way. The first day was the hardest, but it got so much easier with each day. Sure it takes some commitment and work, and thinking about what you eat. All diets do. There is no "magic" pill, or surgery. I'm no doctor, nor am I a professional health or diet expert. But after reading this, and

applying common sense, you seem as if you could be. Sure there's some gaps in the concept, there always is. Other reviews say the list is incomplete, or doesn't explain in enough detail, but that's understandable as this health concept is relatively new in the sense that few have heard about it in its entirety. It goes a few steps further than the Adkins or South Beach diets do. It explains their shortfalls, and why they have them. This is a first review, but I'll try to write others as time goes by. The one reason I can see for folks not using this diet or following its guidelines, is denial that it can work.

A very informative book by a cardiologist with diabetes. Contains some good tips and very easy to understand.

I purchased this book 14 months ago and have been following its guidelines since then. Before I purchased the book, I had a BMI of 33 and a fasting glucose of 111. I was on my way to Type 2 Diabetes. After the first 8 months my BMI was 29 and glucose 95. I then relaxed some of the strict rules to allow small portions of the starchy, off-limit foods. But continuing to walk for 40 minutes nearly every day. Today my BMI is 28, glucose 88 and Hemoglobin A1c now in the range where I am no longer considered at risk for diabetes! I'd also like to note that even though meats and eggs are part of this diet, my cholesterol went from the high 180s to 142. I have a few more pounds to lose to get to a BMI of 25, and I feel confident that is attainable. My doctor is confident, too suggesting that I don't need a visit for another year. This was an easy lifestyle change for me to follow and it changed how I look at food and myself. There is no calorie counting, no weekly weigh-ins, no charts. Just simple, sensible daily changes for a healthier life.

Having been recently diagnosed as "pre-diabetic", I learned I need to make lifestyle changes immediately. I read a review of this book on another website and came here to purchase. The information in the book about glycemic load was all new to me, but I decided to give this a try. I began following the diet plan and walking 20-30 minutes a day. In three weeks I have lost 13 pounds and my blood sugar levels are in the normal range. This will be a lifetime regimen for me.

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