

The 8-Week Blood Sugar Diet

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Synopsis

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Dr Mosley explains why we pile on dangerous abdominal fat and shows us how to shed it, fast. He demolishes common myths and offers practical, science-backed advice for lasting change.

The 8-week plan includes 3 core principles - a low-carb eating plan; advice on physical activity; key mental health activities - which work together alongside the menu plans to create a powerful programme to control blood sugar levels, prevent and reverse type 2 diabetes, and promote weight loss.

Professor Roy Taylor, bestselling author of *Life Without Diabetes*, has fully revised the book , with major updates on epidemiological studies, research and thinking on fatty liver and pancreas, new data and definitions of waist hip ratio, as well as new recipe nutritional information.

This is a book not just for those at highest risk but for anyone who has struggled with their weight and wants to regain control of their health.

Reader's comments

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