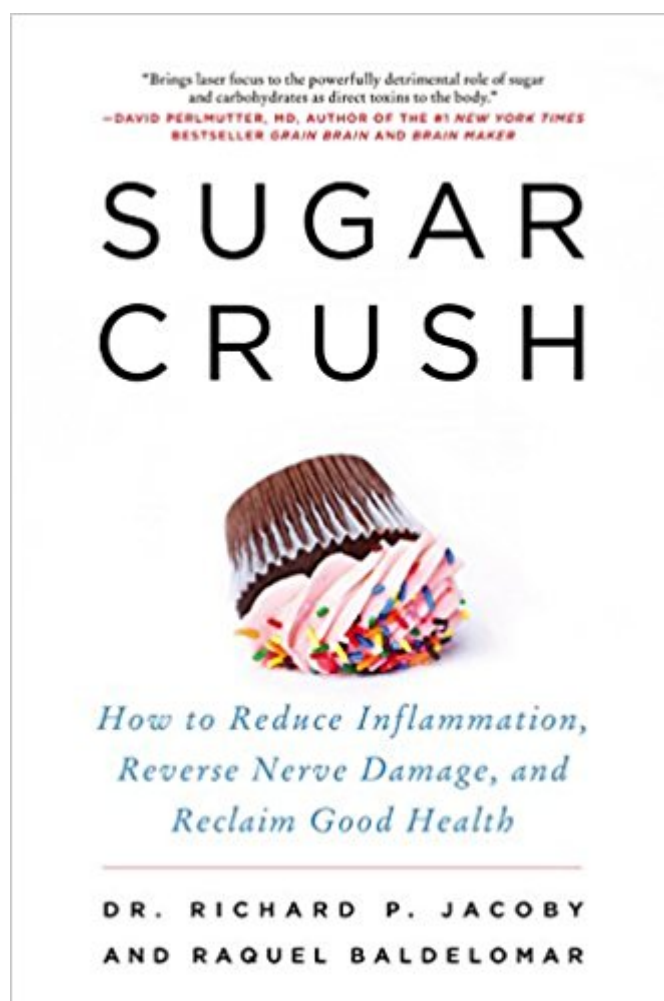


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Sugar Crush: How To Reduce Inflammation, Reverse Nerve Damage, And Reclaim Good Health



Synopsis

A shocking look at the link between sugar, inflammation, and a host of preventable chronic diseases—perfect for fans of bestselling author Gary Taubes's *The Case Against Sugar*—from leading nerve surgeon Dr. Richard Jacoby. *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. 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. *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. 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.

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Customer Reviews

“Sugar Crush brings laser focus to the powerfully detrimental role of sugar and carbohydrates as direct toxins not just to the peripheral nerves, but to the body in general. This is up to date and incredibly well-researched information that helps rewrite our understanding of disease prevention.” (David Perlmutter, MD, author of the #1 New York Times Bestseller *Grain Brain* and *Brain Maker*)

“Dr. Jacoby has the uncanny ability to recognize relationships in seemingly unrelated fields. Now, he ushers us into a new paradigm by connecting the dots for the treatment of neuropathy.” (Dr. Robert G. Parker, DPM, FACFAS, FASPS, PA, Fellow of the Association of Extremities Nerve Surgeons)

“Sugar Crush is a great contribution to the lay literature. Another weapon in our fight against obesity and diabetes!” (John P. Cooke, MD, PhD, Presidential Distinguished Chair in Cardiovascular Disease Research, Director of the Center for Cardiovascular Regeneration and Chair of the Department of Cardiovascular Sciences at Houston Methodist Research Institute)

“An intriguing detective story, readers interested in their own health, and the health of their families, will treasure *Sugar Crush*, and use it as a roadmap to improved health.” (A. Lee Dellon, MD, PhD, Professor of Plastic Surgery and Neurosurgery, Johns Hopkins University)

Sugar = Chronic Inflammation + Trauma = Nerve Damage, Pain, and Dysfunction

Do 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? If so, nerve compression is likely the cause. What *Grain Brain* did for wheat, leading peripheral nerve surgeon Dr. Richard Jacoby now does for sugar, exposing the shocking truth that a diet high in sugar, processed carbohydrates, and wheat can compress and damage the peripheral nerves of the body, and lead to pain, numbness, and tingling in the hands and feet, as well as a host of related conditions, from migraines, autism, and ALS to gallbladder disease and diabetes. Over the years, Dr. Richard Jacoby has treated thousands of patients with peripheral neuropathy. Now he

shares his insights and tells the story of how he connected the dots to determine how sugar is the common denominator of many chronic diseases. Practical and accessible, Sugar Crush breaks down our dangerous addiction to sweets, offering a unique, holistic understanding of the toll sugar and carbs take on the body, and demonstrating how dietary changes can help nerves regain their normal function dramatically. Whether you have diabetes or prediabetes, or are even just concerned about your health, Sugar Crush is the essential guide to knowing the dangers of nerve compression. Complete with dietary advice, the latest thinking on ways to prevent and reverse neuropathy, and a quiz to help you assess your nerve damage, this book will give you the tools you need to quit sugar, calm your nerves, and reclaim well-being. --This text refers to the Hardcover edition.

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. This book is for everyone. Diabetics absolutely should read this. People with MS and other neuro issues would benefit as well. This is the kind of information I was looking for. Glad I stumbled across it.

Fantastic Book! I cannot say enough about the content. Anyone who is trying to piece together all

the "health" information out there will find this a must read to help put all the pieces together. This will cause you to look at processed foods as almost poison! The book will answer many health concerns and questions and showyou can remove processed sugar from your diet and get WELLBEFORE giving money to the drug companies.

Great explanation of how sugar links to neuropathy. I have peripheral neuropathy in both feet and after several tests, the cause of the neuropathy is unknown. One of my feet had the burning sensation many complain about. I was getting very concerned about the pain and elected to have nerve decompression surgery. The pain is mostly gone but the numbness remains. Overall, I'm glad I had the surgery. The book opens the door to understanding decompression surgery.

An excellent book! This book inspires me to keep on the no sugar, low carb path. Sugar causes inflammation in the body which causes nerve damage and pain, and many different diseases.

There is a lot of medical talk in this book, but his message is very alarming as to effects of sugar. This is a book everyone needs to read. I'm going to be making some changes in my life style. So plow through the stuff that may not apply to you now knowing that the information he is giving you can affect how you will spend your days as you get older. I for one want to be healthy and full of life until the Lord calls me home. The path way to that goal starts here.

This is a must-read for anybody who is serious about their health. Sugar is addictive - some including the author Jacoby say as bad if not worse than cocaine. He brilliantly details the effects of sugar addiction especially as far as Type 2 Diabetes and inflammation, particularly of the nerves is concerned. In fact, sugar has a negative effect on us if we eat it, full stop! He stresses how many processed foods are full of sugar which we must consider if we are serious about knocking it out of our diets. We all know - or should know! - the foods that are sugar-laden, like soft drinks, cakes etc., but others that appear innocuous (and which are very often savoury) are also very dangerous. This book is not a medical textbook and is easy for the layman to understand. I would highly recommend it.

I have suffered from Neuropathy pain for the last 8 years. This past six months has been the worst. I exchanged eating tasty but poor foods for monthly and expensive trips to the pharmacy and ever increasing pain. I am gradually making better choices and am looking forward to the results. This

book is an eye opener.

I read this book while going a month without *added* sugar. This book convinced me of the importance of even cutting out foods that cause raised blood sugar. I didn't cut them out for the month, but I did cut back, and I do want to continue living a low-sugar lifestyle, but it's going to be a process learning to cut back on breads/pastas and eating more natural foods.

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