

Sugar Crush: How to Reduce Inflammation, Reverse Nerve Damage, and Reclaim Good Health

Richard P. Jacoby , Raquel Baldelomar

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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.

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 help—mysterious rashes, unpredictable digestive problems, debilitating headaches, mood and energy swings, constant tiredness—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.

Sugar Crush: How to Reduce Inflammation, Reverse Nerve Damage, and Reclaim Good Health Details

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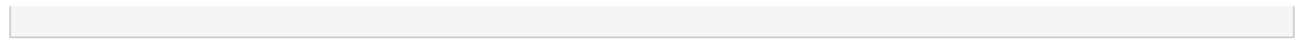
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and Reclaim Good Health Richard P. Jacoby , Raquel Baldelomar**

From Reader Review Sugar Crush: How to Reduce Inflammation, Reverse Nerve Damage, and Reclaim Good Health for online ebook

Whitney says

Excellent book. The more I learn about the sugar industry the more I realize the destruction it has caused our society. Sugar is a drug and we are all addicted. It is in everything from toothpaste to spaghetti sauce and it is killing us slowly, similar to cigarettes and alcohol. Just like the tobacco industry and the alcohol industry, the sugar industry pays big bucks to manipulate government standards and regulations... and keeps us addicted. After having at least 5 weeks of ill health I have finally received my wake up call. I'm done with sugar....it's going to suck but not as much as a lifetime of inflammation and nerve damage.

Tracy says

Sugar Crush by Dr. Richard P. Jacob & Raquel Baldelomar 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 help—mysterious rashes, unpredictable digestive problems, debilitating headaches, mood and energy swings, constant tiredness—nerve compression is the likely cause.

Sugar Crush includes a quiz in the book to assess if sugar is harming your body. I answered Yes to almost every question but two. I've been to the doctor many times concerning the symptoms I have but nothing has ever been discussed about nutrition or how much sugar I consume on a daily basis through sweets or processed foods. I started making small changes while reading this book (I checked the book out from the library 3 weeks ago) and am happy to report that some of my symptoms are already reduced.

The author goes into great deal on how sugar is harming your body and is the cause to many health conditions but only spent one chapter on the diet that will help you quit sugar. I am hoping the author writes a second book to go into more detail for Plan A: The Ketogenic Diet or Plan B: The Blood Sugar Regulation Diet. Plan B is the one that I chose so now I'm looking for books to help me regulate blood sugar and kick the sugar habit.

It's a great read to understand how sugar is harming your body

Colorado Nutrition Counseling says

This book is about eliminating sugar intake to improve your health from the view of a neurologist. It discusses how sugar intake causes nerve damage over time with an emphasis on diabetes. Towards the end the book provides guidance on how to eliminate sugar in your diet with some direction from a certified nutritionist. However, there are many points throughout the book that I do not agree with.

Through the first few chapters, he asked a dermatologist and a dentist how sugar intake affects acne and the development of root canals in their patients. While these health professionals agreed sugar intake is not benefiting the health of their patients, they did not outright say sugar is the main cause. Because they did not

state sugar is the primary reason for these conditions, it felt as though he dismissed their opinion completely by stating "I'm not convinced". This book also can be somewhat overwhelming for someone who does not have a basic science background already as it does discuss the structure and mechanisms of nerve cells in Chapter 2.

In the beginning of the book, there is a quiz regarding how much sugar you consume. This "quiz" is not actually giving you any measurable information, but instead, insinuates you need to read this book. Later on there is another quiz in Chapter 5, but this one is at least more appropriate by explaining thoroughly the importance of your answer in regards to your health and how sugar plays a role. The more in-depth quiz in Chapter 5 is more of an eye-opener into an individual's overall health rather than just sugar intake.

In the last few chapters, the book provides a plan A, a strict ketogenic diet, and a plan B which is a gradual decrease of sugar intake. I believe there are certain situations for a ketogenic diet and it is not appropriate for everyone which the book briefly mentions. However, even for a normal person, he promotes more saturated fat such as bacon and butter than unsaturated fat which has been proven in more studies to increase risk for cardiovascular disease. There is a whole chapter dedicated to what he calls "hot buttered coffee" also known as bulletproof coffee. When promoting a high fat diet, I would like to see more emphasis on controlling caloric intake as there are more calories in a gram of fat compared to a gram of carbohydrate or protein. In these same chapters, he also touts the government has contributed to the obesity epidemic by discussing the food groups from MyPlate and older programs such as MyPyramid. It's important to understand that as more research becomes available, so the recommendations change which is why you hear constant debates between butter vs margarine and whether or not to consume eggs as part of a healthy diet. The MyPlate for example, is actually meant as a guideline for the general population to eat healthier. It does not provide in-depth information about each food group and does not take into consideration each individual's needs.

Despite, my negative comments about the book above, the overall message of this book is to reduce sugar and processed food intake which I can definitely get on board with when it comes to overall maintaining health. However, I feel there may be better books out there that can provide a more realistic approach in regards to sugar's impact on health than adopting a high fat diet.

Beth Lind says

Interesting info but maybe too medical-ly. After I finished reading it, I ate a bowl of ice cream. It would probably be good to cut out all sugar though. One day. It'll be my goal one day. It's just not my goal today.

Marina says

** Books 214 - 2015 **

This books to accomplish **New Author Reading Challenge and Yuk Baca Buku Non Fiksi 2015**

3,2 of 5 stars!

".You need only remember a few fundamental concepts:

- 1. Stop eating sugar**
- 2. Start eating good animal fats (from grass-fed sources)**

3. And don't steal honey from bees. It feeds new, baby bees and we need them to help pollinate the planet

Taking control of your diet will do more to keep you healthy than an endless array of drugs designed to fill the pockets of robber barons.

Remember it's a simple, causal formulation:

Sugar + refined Carbohydrates = Inflammation + Trauma = Nerve Damage"

Akkkk! This book is making me think what I have eaten before. Is it already less sugar? T.T
I have taken the test and from 13 questions I've got 5 YES answers that means I have moderate and potential to get diabetes.

Doing exercise regularly is not enough if we don't care what food that we eat and healthy lifestyle is really needed >__<

Deb says

I was drawn to this book for a few reasons; first is coming from a family with diabetes (dad, brother, sister-in-law) and wanting to learn more and protect myself, I was also very interested in hearing more about sugar's impact on inflammation--especially as it pertains to chronic allergies, which I suffer from, and finally, I have a fascination of how what we eat impacts our health, doing some work as a certified health coach and teaching people how to eat, cook and take care of their health and wellness.

Sugar Crush is essentially a scared straight book for diabetics (or those on their way to diabetes) and the authors do a great job in emphatically stating why sugar is so terrible. I completely agree that sugar is bad and is definitely killing America, and I do agree with a lot of what is in the book. For the most part the information, if not always in layman's terms, is well explained and backed up. There are a few tangents and times when the information gets a bit repetitive but the message is clear--STOP EATING SUGAR, and it's told with enough force and reasoning that it will make a reader think twice about ordering a soda (full sugar or diet) and hopefully turn over packages and look at the nutrition labels. Is it enough to sway a sugar addict suffering from nerve pain and damage? I hope so.

With all of the good information, I do wish there was more help for the average person on the "what to do" portion of the book, beyond "don't eat sugar." There are charts on what foods to eat and avoid whether you are striving for a Ketogenic diet--zero to very little carbohydrates moderate grass-fed protein, and plenty of grass-fed fats. (Plan A in the book, pretty drastic and rigid, and how Dr. Jacoby eats) or a Blood Sugar Reduction Diet--focusing on food with low glycemic load. (Plan B in the book, somewhat easier to maintain for the average person and a gradual shift in reducing sugar in the diet.) There are some tips on what to eat--mainly when traveling or at restaurants, but I think the book could have benefited from some daily eating plan suggestions--"here's what a day/week's meals might look like under each plan." When I have worked with people striving to eat better for health reasons, they are often bewildered and want to quit because they just can't figure out what or how to cook when the processed food goes away. I don't know that it needed recipes--it's a more medical than lifestyle book, but the more resources people have the better. There is one point that bothered me--it is said to avoid processed meats like bacon and deli meats due to the additives and cancerous nitrates, but then under 'suggested foods' at both a diner and hotel, it mentions bacon and eggs being a good thing to order. While bacon may be the lesser of evils in the sugar world when compared with chocolate chips pancakes with syrup, most diners and hotels aren't buying naturally cured bacon and even if

they are, many brands of bacon also have some sort of sugar (cane syrup or even honey) added to them in the curing.

Personally, I was looking for more information on sugar's impact on allergies and sinusitis even though I knew the focus was on diabetes, but I found Sugar Crush to be a relatively fast and interesting read with a compelling argument for the role diet plays in our health. With family members currently battling diabetes and MS, I plan on sharing the book with them.

You can see my review and a recipe inspired by the book on my Kahakai Kitchen blog post here: <http://kahakaikitchen.blogspot.com/20...>

Note: A review copy of "Sugar Crush" was provided to me by the publisher and TLC Book Tours in return for a fair and honest review. I was not compensated for this review and as always my thoughts and opinions are my own.

Angus McKeogh says

One of my patients recommended this to me. He said another doctor had told him it was a must read. More than making my personal diet healthier and less infused with sugar, I found the historic development of the American Diet much more telling. Pretty much every American that eats food should read this.

Miguel says

Excerto

«Quando come alimentos açucarados, está a consumir um pó branco que é tão viciante como cocaína.» (p. 153).

Opinião

<http://silenciosquefalam.blogspot.pt/...>

Jane says

"Sugar Crush" by Dr. Richard P. Jacoby bears a copyright of 2015, but it's too bad that some of the information it contains hasn't been more broadly considered before this date. Jacoby, a leading peripheral nerve surgeon and a diplomate of the American Board of Pediatric Surgery, has seen it all when it comes to negative effects of diabetes. He's amputated (due to diabetic complications) more feet and digits than we'd care to consider. His assessment of the cause: The (largely) very poor American diet of the past 50 to 60 years, with its focus on sugar (whether that's in the form of traditional "sugar," i.e., sweet things, or in the form of menu items such as McDonald's buns, soft drinks, potato chips, French fries, etc.). Jacoby's recommendation is that we lose our collective, recent fear of fats (like butter, eggs, meat) and worry more about our overall sugar intake. I could certainly agree with much of what he writes, but as with any diet/nutrition/food book, I feel it needs to be taken with a grain of salt (definitely not sugar!!) and each reader should keep in mind his/her own nutritional needs, diet and physical condition. This book was helpful, most certainly--but I walk away holding this thought: All things in moderation.

Ana-shea Fann says

I think this is one of the best books I've ever read concerning physiological responses to nutrition. Dr. Richard Jacoby has made two of the most elusive medical sciences accessible to the average non-medical individual on a deeply personal level, and that in itself is a feat. He explains the neurological effects of sugar; nicotine and sugar- as well as heroin and opiates- follow the same neural pathways and create the same responses, and the inflammation that creates neuropathic, cardiovascular, and dermatological responses, just as examples. Even better, though, he explains how we got to where we are in the aggregate- why Americans have experienced such a rise in obesity, diabetes, and the complications that arise from them- and sheds a lot of light on the studies that were, at best, half-baked science used by the federal government and lobbying groups to direct nutritional guides and nutrition labels. He offers readers excellent practical advice on the simple maths to crack the label codes, understanding Glycemic loads and glycemic indexes, and the different phases of diseases to understand what to expect as far as improvements if you do cut sugar from your daily foods. He indexes all of the studies that he has drawn material from, by the way, so if you want to do extra research of your own accord and do your own version of "trust but verify", that is available to you. I would absolutely recommend this to anyone, but especially anyone who has a problem with diabetes, feet problems, thyroid issues, and any kind of chronic inflammatory disease.

Lora Shouse says

I have mixed feelings about this book. On the one hand, the link between sugar and type II diabetes the author describes seems to be pretty generally accepted, and the accompanying ill effects are real. Not being a medical researcher, I can't tell how many of the other conditions he attributes to sugar are real, but he makes enough of a case for them that at least some of them are likely to be true as well. Everything is well-researched, with lots of footnotes to prove it.

So, OK, I'm convinced. I need to cut my sugar consumption further. I already gave up soft drinks almost completely a couple of years ago. But then, what can you eat? Here is where I feel the book is somewhat of a letdown. The author advocates a ketogenic diet – one that is at least 75% fat. But it has to be good fat – from grass-fed organic animals. Also ok are cream and organic butter (from grass-fed animals again). And a few vegetables with low glycemic indexes and/or low glycemic loads. He also subscribes to the no-wheat idea.

There are actually two eating plans, one the strict ketogenic and the other one slightly more normal non-carb diet. There is a chart. My single biggest complaint about the book, at least the Kindle version, is that this chart is so small that it is illegible. Even on the large screen of my computer when I bumped the font size up to the maximum I could only barely read the chart. This is not much help if you plan to use this as your diet plan. Also, it was hard to tell what goes with which diet plan. And, while there are some grass-fed beef products available now, and a few things that tout themselves as being wheat-free, these are still so few that I have trouble seeing how anyone would be able to follow this plan strictly for more than a few weeks. Additionally, I worry that if you are not able to follow up exactly, you could wind up hurting yourself more than helping.

Jessica McCann says

An informative book for those wanting to learn more about the connection between sugar and diabetes, specifically, how the effects of diabetes are related to sugar consumption.

I picked up SUGAR CRUSH wanting something a bit less narrow and less technical than it turned out to be. While the summary promises “practical dietary advice,” I found the recommendations to be impractical (even a bit radical) for the average person. The author champions a low-carb, high-fat ketogenic diet, which I believe would be extremely difficult for me to maintain long-term.

Still, if you have diabetes and are on medication for nerve pain, this book may provide another option worth exploring.

Alaina says

There is some good, factual info in this book: details about the destructive influence of both Big Agra and Big Pharma on the American lifestyle, and the idea that changing your diet can quite literally save your life. But the author also gives credence to some ideas that are less than factual: leaky gut syndrome, adrenal fatigue, and worst of all, Joseph Mercola and the ketogenic diet.

All written in a defensive style that seems to shame the very people it's purporting to want to help.

Skip this one and find the TED talks on the same topics that give you the information in a shorter, more pleasant format.

Bronwyn says

Most of the information regarding the damaging effects of sugar on the body is not new to me, but I had not read anything specifically about nerve damage and inflammation, and it was an interesting read - though for a layperson it was a little hard going in some parts.

The Doctor's suggested diet seems straightforward but some meal plan suggestions would have been great. The book has prompted me to take another look at the foods I eat on a daily basis and make adjustments to healthier alternatives if need be.

Julie says

I started reading this book because being Type 2 Diabetic i thought that this would be an interesting read. But after halfway through, it was tiring how the author, a podiatrist and nerve specialist, tended to blame everything on being diabetic. I don't think my runny nose is from being diabetic but from allergies. I gave up. If it was more factual and less finger pointing I would have continued on.
