



Blood Sugar Blues

**OVERCOMING THE HIDDEN DANGERS OF
INSULIN RESISTANCE**

THE SURPRISING LINK BETWEEN
STARCHES AND SUGARS AND:

HIGH BLOOD PRESSURE

HEART DISEASE

HIGH CHOLESTEROL

DIABETES

MULTIPLE SCLEROSIS

ARTHRITIS

AND MORE!

Miryam Ehrlich Williamson

FOREWORD BY R. PAUL ST. AMAND, M.D.

Blood Sugar Blues Overcoming The Hidden Dangers Of Insulin Resistance

R. Paul St. Amand, Claudia Craig Marek



Blood Sugar Blues Overcoming The Hidden Dangers Of Insulin Resistance:

Blood Sugar Blues Miryan Ehrlich Williamson,2001-09-01 For those who are insulin resistant *Blood Sugar Blues* is a passionate and highly informed guide to better health and a clarion call for easily accomplished lifestyle modifications

What Your Doctor May Not Tell You About(TM): Fibromyalgia Fatigue R. Paul St. Amand,Claudia Craig Marek,2003-10-01 The authors of the successful *What Your Doctor May Not Tell You About Fibromyalgia* present a revolutionary new guide to help sufferers relieve their chronic fatigue

The First Year: Fibromyalgia Claudia Craig Marek,2012-10-25 Muscle pain fatigue irritable bowel and bladder could it all add up to fibromyalgia Such a range of common symptoms ensures that this disorder is difficult to diagnose yet fibromyalgia makes life miserable for thousands of people in Britain and it is greatly on the increase In this book patient expert Claudia Craig Marek first diagnosed with fibromyalgia in 1991 guides you through your first year of learning how to cope informing you about mainstream and complementary treatment as well as taking an in depth look at the all important quality of life issues Marek answers your most pressing questions including How to get a proper diagnosis How best to manage muscle pain How to treat irritable bowel syndrome Which medications can help and which can harm What are the most effective complementary therapies How to manage work travel and relationship issues

A Stroke Was My Teacher James Crawford,2011-07-22 The book begins by revealing new ideas about how and why embolic stroke and heart attacks share a common history involving clot formation The only distinction between the two diseases is where the clot finally stops If in the brain it results in a stroke if in the heart muscle a heart attack Thus the first portion of the book Chapters 1 4 documents how the mechanism of clot formation was studied through the eyes of a lifelong research scientist who was not a stroke expert but a stroke survivor Described in those chapters are entirely new ideas about how and why clots form and how to prevent them While my four years of stroke investigation so far was unfolding I simultaneously carefully recorded my daily observations as I experienced an embolic shower type of stroke My goal was to assemble a guide for all stroke victims alerting them what to expect and also my evaluation of a number of treatment modalities nutrients supplements etc designed to save money and frustration to newcomers to the stroke world as well as the initiated The big difference between this and other accounts of embolic stroke is that in this case it is framed in the context of an aging body If you do not already know this distinction is important since there is a fine line between the effects of aging and the effects of stroke The upshot of this book is to offer my evidence to the reader that stroke and heart attack are largely avoidable diseases My thought is if the reader thinks what I say makes sense they can take the recommended action starting today to minimize their risk And it is so incredibly simple and virtually cost free

Breaking the Aging Code Vincent C. Giampapa,Miryan Ehrlich Williamson,2003-11 In this groundbreaking book a visionary plastic surgeon and anti aging pioneer presents a radical new theory on how people age suggesting that the body is not irreversibly programmed by a finite number of cell divisions to age and die but rather is built for longevity and self repair

Integrative Therapies for Fibromyalgia, Chronic Fatigue Syndrome, and Myofascial Pain Celeste Cooper, Jeffrey Miller, 2010-02-05 A guide to coping with fibromyalgia myofascial pain and chronic fatigue syndrome Reveals how to deal with each disorder and how treatments can interact or aggravate if more than one disorder is present Offers techniques to dispel the side effects created by these illnesses Fibromyalgia chronic myofascial pain and chronic fatigue syndrome are often seen as interchangeable conditions a belief held even by many health care providers Nothing could be further from the truth however they do often coexist Knowing if more than one of these disorders is present is extremely important because the treatment for one of them can often exacerbate the problems caused by the others Written by a registered nurse and a psychologist who has been treating these conditions since 1994 this book presents an integrative medical approach to these three disorders with a strong emphasis on utilizing and strengthening the mind body connection to restore well being The authors provide a thorough guide to numerous treatment options from diet exercise and herbs to mindfulness meditation chi kung and nonsteroidal anti inflammatory drugs NSAIDs They also offer techniques to dispel the brain fog that these disorders often create and show how to overcome the resultant obstacles to effectively communicating with your doctor The additional information included on the psychological issues that accompany these chronic pain disorders allows this integrative treatment guide to open the door not only to physical recovery but also emotional and mental well being [The PCOS Diet Book](#) Colette Harris, 2002 Colette Harris provides a practical plan for sufferers of Polycystic Ovary Syndrome with various diets to suit each individual accessible explanations of nutritional science and hormonal health and an emphasis upon personal and emotional well being *The Publishers Weekly* ,2001 [Dojo Wisdom for Writers](#) Jennifer Lawler, 2004 The Way of the writer is not always straight Sharing 100 essential lessons an expert shows how to unleash the inspired writer within using the wisdom of the martial arts **Library Journal** ,2001

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