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

By Richard Jacoby, Raquel Baldelomar

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. 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...



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