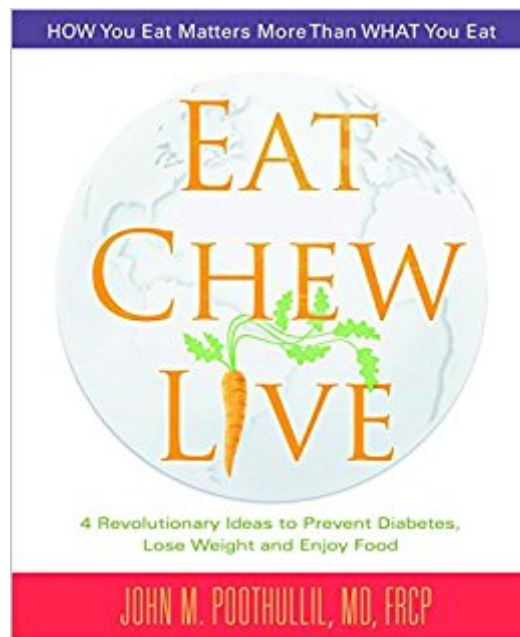




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# Eat, Chew, Live: 4 Revolutionary Ideas To Prevent Diabetes, Lose Weight And Enjoy Food



## Synopsis

\* Winner of 2016 The Beverly Hills Book Awards Diet & Nutrition Category Diabetes is perhaps the fastest growing disease in the world. In the U.S. 1 in 3 adults over age 20 has high blood sugar and 1 in 4 adults over age 65 is fully diabetic. Yet, nearly every single person could avoid diabetes if they understood its real cause. If you are overweight or concerned about getting diabetes, *Eat, Chew, Live* provides exactly the inspiration you need to prevent this serious disease from altering your life—without drugs. *Eat, Chew, Live* offers a revolutionary new science-based explanation of what really happens in the body to cause high blood sugar. While traditional medicine blames diabetes on insulin resistance, Dr. Pothullil disagrees, offering systematic proof of a far better biological explanation for it. According to him, diabetes is not a hormonal disease; in fact, he demonstrates that insulin resistance is not even logical. Instead, high blood sugar and diabetes are the result of the overconsumption of grains and grain-based products that cause a normal bodily metabolism—cells burning fatty acids rather than glucose—to go haywire. This insight alone changes everything you understand about preventing diabetes—including the possibility that you can reverse your existing diabetes and halt your medications. *Eat, Chew, Live* goes on to present three other revolutionary ideas to help you get in tune with your body's need for nutrition, your real hunger signals, and the causes of your overeating. You will learn how eating mindfully, chewing fully to enjoy and savor food will help you eat less, lose weight, and get control of bad eating habits. *Eat, Chew, Live* is unlike other books on diabetes. There are no special diets to follow, no 3rd party eating programs, and nothing to buy. It's about learning to respect your body, reconnect with your "authentic weight," and learn to enjoy food as nutrition for your body. *Eat, Chew, Live* has over 30 illustrations and 2 storyboards to explain the science visually. The entire book is printed in color.

## Book Information

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## Customer Reviews

Informed and informative, extensively documented and insightful, but above all 'reader friendly' in its impressively organized and presented 'real world' practicality, ""Eat, Chew, Live: 4 Revolutionary Ideas to Prevent Diabetes, Lose Weight and Enjoy Food" is very highly recommended, especially for the non-specialist general reader with concerns regarding diabetes. Enhanced with the inclusion of more than thirty illustrations and two story boards to explain the science visually. - Micah Andrew, Midwest Book Review"Dr. Poothullil presents a provocative diabetes hypothesis that challenges physicians to rethink the paradigm of insulin resistance and current modes of treatment." -- Stephen H. LaFranchi, MD, Professor, Pediatric Endocrinology, OR Health Sc. UnivThe strength of the book lies in its mass-appeal, conversational tone, and coherent, well-balanced presentation of facts supporting the authorâ™s hypothesis. -- Sumit Bhagra, MD, FACE. Asst. Prof. of Medicine, Div. of Endocrinology, Mayo Clinic Health System

John Poothullil, MD, FRCP practiced medicine as a board-certified pediatrician and allergist for 27 years in Lake Jackson, Texas. He received his medical degree from the University of Kerala, India in 1968. John spent more than two decades studying the causes of hunger, satiation, weight gain, and diabetes. His investigation into the theory of insulin resistance led him to recognize a more biologically sound explanation for high blood sugar. Some of his work has been published in medical journals and he has been quoted in Womanâ™s Day, Fitness, Red Book and Womanâ™s World.

Every person should read this book to get a new perspective on something basic we do everyday--eating food. In hindsight, the ideas seem obvious, but then, as they say, hindsight is always 20-20. In brief, the key idea is that our brains know the nutrients we need and so drives us to find the foods that provide these nutrients. I was not aware of this, but then recall how as a small child, I used to do something that apparently was not uncommon in the days I grew up--which was to lick the walls of our house. When my mother told my pediatrician about it, he unconcernedly explained to my mother that I was not getting enough calcium (the paint in those days was calcium based) and to give me a calcium supplement and my "wall licking" would stop. And sure enough, he

turned out right! It took me almost half a century later, on reading this book, to figure out what was going on! My brain knew by body state, and somehow knew that walls were meant for licking! Even today, this astonishes me, as I was not even aware of what I was doing. There are other simple, yet "out of the box" ideas in this book and I don't want to divulge them as you may think you have got what you need to when you really wouldn't have. But the bottom line is this--in my mid-fifties, I find my understanding of something as basic as eating a meal has fundamentally changed--I now view the act of eating properly, as the same as "meditation." A good alternative title for this book could have been: "Eating as Meditation." I am glad I bought the book and read it--it sensitized me to the issue of type 2 diabetes and I have since modified my diet as per the book's recommendations. By coincidence I had to do a blood test six weeks after and was relieved to note my blood sugar had gone down from 97 (near borderline of pre-diabetic) to a slightly better 93.

The refreshing thing about this book is that Dr. Poothulli does not seem beholden to either the big pharma or the medical community. He is genuinely interested in helping the patients especially the pre-diabetics. He considers Grains as Enemy #1. As a vegetarian, it is difficult for me to accept this even if I understand the rationale behind this. I still eat grains but in moderate amounts. Reducing the intake of grains and substituting it with lentils, vegetables, fruits and nuts help substantially. I soak half a cup of walnuts in water overnight and rinse and clean the walnuts and eat it. This seems to help in providing necessary calories to offset the lower intake of grains while as a side benefit improves my HDL cholesterol level. I find the following as a few key ideas from the book. 1. Reduce the amount of carb and sugar rich foods. 2. How you eat matters - Eat slowly, chew the food, pay attention to eating and not allow other things like newspapers, TV distract your focus. I would call this mindfulness in eating and I find it has a dramatic effect in reducing my food consumption. 3. Our bodies can cope with less food than with excess food consumption. 4. Allow our body's innate intelligence to guide the amount of food that is consumed. I highly recommend this book.

Dr. Poothulli's "Eat Chew Live book" examines and debunks current theories of metabolism. He explains how low carbohydrate eating, slow conscious eating not only improves first step indigestion but releases nutrients. He expounds on the brain's ability for nutritional regulation and signaling satiety and craving. The brain is equipped to decode signals of nutritional needs through slow chewing, smell and taste sensors of nutrient molecules and restoring nutritional deficiencies in subsequent meals. The relationship of salt and carbohydrates is well explained. He explains the three reasons how habits override the brain's regulatory system. He outlines the process of

behavior modification and new thought patterns and habits. It is not a diet book. It is a call to action to eat mindfully. The chapters are summarized, well referenced and the index is pretty thorough.

The book challenges the institutional classic approach to treat diabetes, hypertension and myriad of other diseases and complications caused by over medication or excessive dosing of insulin. The approaches recommended lets you have control of your body and the healing capabilities you already have in your biological systems the book explains the functioning and disease process in non medical terminology and instructions are easy to follow I have used the advise in the book for less than two weeks and the results are amazing , my husband has become a believer in the approach I highly recommend that one try the approach, you will see the results and life style you can live by,

Excellent book! Appealed to my scientific nature though it could be easily understood by any one with a 4th grade education. The information and suggestions in this book have changed my life dramatically.

I recommend this book fully. It explains the digestive system thoroughly.

A simple way to eat but not easy to follow. I appreciated the no gimmicks,bells and whistle approach. I will now embark on this journey to undo years of bad eating.

Excellent book! To avoid or reverse type 2 diabetes the recommendation is to not eat grains, sugar or salt, and to chew your food mindfully. I had a blood sugar level of 323 and an A1C of 12.5, and I was able to attain normal levels after only two months by following the advice in this book--and without taking any drugs. The book advocates a new approach to treatment by negating the accepted "insulin resistance" theory of medicine.

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