



The Rise in Prediabetes: The Threat of Insulin Resistance and Hyperglycemia: Three Steps to Stop the Threat of Type 2 Diabetes

Simon Marlow PhD

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This book, *'The Rise in Prediabetes: The Threat of Insulin Resistance and Hyperglycemia'*, focuses on the prediabetic condition. [The author explains how to manage this condition through three practical steps to stop the onset of Type 2 Diabetes.](#) This book does not focus on Type 2 diabetes. However, having said this, the book does have useful information that also applies to diabetes. The author was diagnosed prediabetic in the mid to late 90's. To date he has not been diagnosed diabetic. He has achieved this by managing his condition through moderate diet and exercise with regular monitoring. This book explains the state of prediabetes, what it means, what causes it and how to manage it. The book does not go into complex terms or difficult lifestyle changes. The author shows how to easily evaluate the food you eat in terms of harmful carbohydrates. Through understanding the concepts of glycemic index and glycemic load the author has managed to construct a healthy diet combined with moderate exercise to maintain his prediabetic condition yet still enjoy most foods and drinks including pasta, bread, pizza, fish and chips and a host of other foods that should be avoided. He shows how to balance eating and exercise while still watching all his favorite TV shows. Prediabetes, an indicator of insulin resistance, is a warning sign and if managed correctly can indefinitely delay the onset of future diabetes. The author describes three simple steps he used to avoid becoming diabetic. He explains all technical terms in simple to understand English yet he powerfully exposes the foods and drinks that can be harmful to you if taken to excess. He also identifies the snacks you should eat even if you are an avid TV watcher, and enjoy a somewhat sedentary lifestyle. So enjoy your lifestyle but spend a few minutes to understand what it takes to maintain your health in your current life style.

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