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Diet 101 is a companion book to Blood Sugar 101, but Jenny Ruhl. She's the founder of the award-winning web site Blood Sugar 101. Like Blood Sugar 101, this is a very well-researched book. And it also was written for diabetics. However, the information provided is important for all of us. And it's not just for diets and weight loss.

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Diet 101 The Truth About Low Carb Diets by Jenny Ruhl

Excellent book for anyone trying or contemplating a low carb diet. Ruhl isn't pushing a diet plan, a nutrition theory, or a product line. As far as I can tell she has no agenda. She's just collecting practical information from doctors and dieters, verifying it, and sharing it.

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Jenny Ruhl, author of Blood Sugar 101: What They Don't Tell You About Diabetes, is our guest on today's episode of The Livin La Vida Low-Carb Show with Jimmy Moore! After being diagnosed as a diabetic, Jenny worked hard on her diet and physical fitness, only to find that her blood sugar levels were continuing to get worse.

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Jenny Ruhl has sorted my T2 diabetes with Bloodsugar 101. Now she has sorted my weight problem too. Following her advice, I have lost 8 stone and brought

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