

A thorough investigation of diabetes, interspersed with O’Connell’s personal journey, **SUGAR NATION** contextualizes the disease from its causes and treatments to how it can be beaten. O’Connell explains the medical side of the disease in accessible terms, sifting through all of the misinformation touted by health care practitioners, drug companies, and food producers, to find his own solutions to prevail over type 2 diabetes and prediabetes. **SUGAR NATION** is a comprehensive look at how institutional mistakes and indifference have contributed to our snowballing diabetes epidemic.

O’Connell’s quest to understand his diagnosis also prompted him to examine his family history. He reconnected with his estranged father, who suffered severely—and eventually died—from advanced and untreated type 2 diabetes. Confronted with his own diagnosis and his father’s misery, O’Connell made a decision: “That my limbs, heart, and kidneys were worth a hell of a lot more to me than hamburger buns, French fries, and glazed doughnuts.”

Despite the obstacles, **SUGAR NATION** has a happy ending: what findings he deduced through his research, O’Connell successfully applied to himself. He found that diabetics can live normal, healthy lives without the assistance of drugs. O’Connell emphatically stresses that there are reasonable, natural lifestyle changes one can take to keep type 2 diabetes at bay. Taking corrective action by adhering to a low-carbohydrate/low-sugar diet coupled with vigorous exercise can practically eliminate blood sugar problems. Through diligent research and experiments to solve his own blood sugar woes, O’Connell has developed strategies for diabetics to improve their health and thereby dramatically raise their quality of life.

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ABOUT THE AUTHOR:

Jeff O’Connell is editor-in-chief at Bodybuilding.com, the Internet’s largest fitness site. He was formerly editor-in-chief at *Muscle & Fitness* and executive writer at *Men’s Health*. His feature writing has been deemed notable in both the *Best American Sports Writing* and *Best American Science and Nature Writing* anthologies. He has coauthored four books, including *Mario Lopez’s Knockout Fitness* and *LL Cool J’s Platinum Workout*, which became a *New York Times* bestseller.

**SUGAR NATION:
The Hidden Truth Behind America’s Deadliest Habit and the Simple Way to Beat It
by Jeff O’Connell**

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