



The Personalized Diet: Discover Your Unique Diet Profile and Eat Right for You

Eran Elinav , Eran Segal , Eve Adamson (With)

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A paradigm-shifting diet book that explains why one-size-fits-all diets don't work and helps readers customize their diet to lose weight and improve health.

There are certain things we take as universal truths when it comes to dieting and health: kale is good; ice cream is bad. Until now. When Drs. Segal and Elinav published their groundbreaking research on personalized nutrition, it created a media frenzy. They had proved that individuals react differently to the same foods—a food that might be healthy for one person is unhealthy for another. In one stroke, they made all universal diet programs obsolete. **THE PERSONALIZED DIET** helps readers understand the fascinating science behind their work, gives them the tools to create an individualized diet and lifestyle plan (based on their reactions to favorite foods) and puts them on the path to losing weight, feeling good, and preventing disease by eating in the way that's right for them.

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Sunny says

Interesting enough for me to buy and test a blood sugar kit! Hasn't changed my life (or weight!) yet.

Charis says

There are a few points I have learn from the book.

1. the normal blood glucose level only needs appropriately 1 teaspoon of sugar to function healthy. therefore, we don't actually need that much sugar in our diet.

2. Fats and water will not cause blood glucose level to raises. However, carbs, food that are high in sodium will cause fluctuation in blood glucose level. in addition, food that are high in fiber will cause an initial raise of glucose level, but stabilize afterwards, which gives us sense of fullness.

(But some carbs from whole plant based food are healthy=eat more)

3. Avoid food that fluctuate our blood glucose level. Refined(Junk) food such as cake, cookies, chocolate, bread, white rice, to name but just a few, contains refined sugar, white flour which spikes our blood glucose level dramatically. Insulin level will rise (thus stimulates liver&blood cell store excess glucose as fat) to bring down blood glucose level. Due to the low glucose level brought by insulin, we feel hungry again. Therefore we eat more and more to feel fulfill.

3. Customize your own diet. you should find the diet/food which suits you. Different people adjust to different diet. For me, I become ravenous after bananas but half an apple makes me full. Apple stabilize my blood glucose level, while bananas fluctuate it. (I would still eat bananas, but in moderation)

Ketogenic, vegan, paleo, raw vegan, plant based diet...are mostly healthy in many ways because most of them advocate eating of whole, natural foods that comes from the nature. As long as we avoid fast food/refined food, any diet wouldn't do your body much harm(just nourish Ur body with healthier options)

Tina says

I'm rather dubious about the impact of this study on personal nutrition. I'm curious if it has been successfully replicated since the original study in 2015? If this research is correct, then I don't see how we can really know what to eat or not without testing our glucose levels after every meal throughout our entire lives. It seems like the individual factors (genetics, lifestyle, digestive microbiome) combine with other changing variables (age, anxiety levels, sleep etc) would make this very difficult to utilize.

To this study's credit, it was published in "Cell," a peer-reviewed scientific journal, you can read it here:
<http://www.cell.com/cell/fulltext/S00...>

Ultimately, I'm skeptical. I found this book's writing to be a little too repetitive and sensationalist to be taken any more seriously than just another "trend" in dieting.

Malerah says

The book was written by two PHDs, one of them MD. Some information was correct but main idea of tailoring diet according to postprandial blood glucose level is dubious. Atherosclerosis and cardiovascular disease are multifactorial. This book oversimplified the problem. Just another example of researchers with a fixation idea based on their research project
