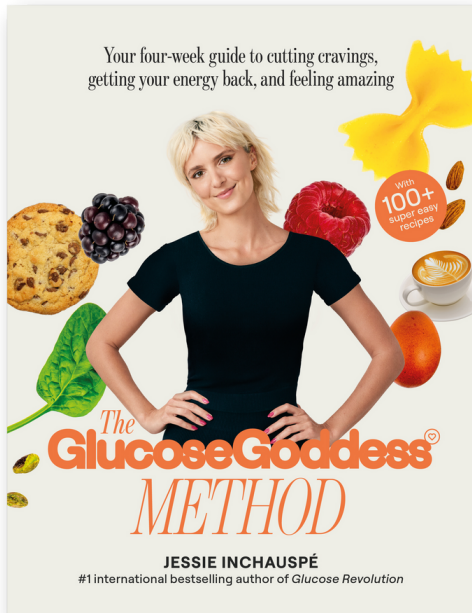


FROM THE AUTHOR OF THE INTERNATIONAL  
NUMBER ONE BESTSELLER *GLUCOSE REVOLUTION*



# THE GLUCOSE GODDESS METHOD

By **JESSIE INCHAUSPÉ**

Your four-week guide to cutting cravings, getting  
your energy back, and feeling amazing

25 April 2023 • Crown Quarto PB • £22

Also available in eBook

**'Jessie's tips have been a lovely addition to my daily routine.'** Davina McCall

Do you suffer from cravings, chronic fatigue, sugar addiction? Do you sometimes wake up in the morning feeling less than 100%? The majority of the population is stuck on a glucose roller coaster. This book will help you break free.

Jessie Inchauspé is a biochemist, author and founder of the Glucose Goddess movement (over 1.5 million followers on Insta-gram). With her first book *Glucose Revolution*, a #1 international bestseller, she started teaching everyone about the importance of blood sugar and easy hacks to manage it. In *The Glucose Goddess Method*, she offers a four-week step-by-step plan to integrate simple, science-proven strategies for steadying your blood sugar into your everyday life. It comes complete with 100+ delicious recipes, an interactive workbook and lots of tips and advice from the Glucose Goddess community on how to stay on track.

This Method has been used by thousands to regulate their glucose, and the results are astonishing. You will gain boundless energy, curb your cravings, clear your skin, slow your ageing process, reduce inflammation, rebalance your hormones, improve your mood and sleep better than you have ever done before. You will create positive new habits for life. The best part? You won't be counting calories, and you'll eat everything you love.

JESSIE INCHAUSPÉ is a French biochemist and author. She is on a mission to translate cutting-edge science into easy tips to help people improve their physical and mental health. In her first book, 'Glucose Revolution', a #1 international bestseller translated into 40 languages, she shared her startling discovery about the essential role of blood sugar in every aspect of our lives, and the surprising hacks to optimise it. Jessie is the founder of the wildly popular Instagram account @GlucoseGoddess, where she teaches over 1.8 million people about transformative food habits. She holds a BSc in mathematics from King's College, London, and an MSc in biochemistry from Georgetown University.



## PRAISE FOR *GLUCOSE REVOLUTION*

'This book is going to change the way we all eat.'

*Daily Mail*

'Jessie takes you on a fun and informative journey to understand how food affects your sugar spikes and your health. This practical guide is full of wonderful tips and hacks on how and what to eat; a must for anyone who wants to understand their body and improve their health.'

*Professor Tim Spector,*  
author of *Diet Myth and Spoon Fed*

'Jessie Inchauspé, a born communicator, has written the best practical guide for managing glucose to maximize health and longevity'

*David Sinclair, Ph.D, Harvard Professor, New York Times bestselling author of Lifespan*

'I hugely enjoyed reading this book; Jessie offers a detailed understanding of the problem which faces so many of us - how to balance our blood sugar levels - along with simple and accessible science-based hacks which really could help you transform your health.'

*Dr Michael Mosley, #1 bestselling author of The Fast Diet*

'Being a goddess is harder than it looks. But it turns out being a Glucose Goddess is easy. Jessie Inchauspé takes the new science of nutrition and makes it practical for everyone.'

*Robert H. Lustig, MD, MSL, Author of New York Times bestseller — Fat Chance and Metabolical*

'Glucose Revolution will help you feel better, cut cravings, connect with yourself, balance your hormones, live longer, teach you science and put a smile on your face along the way. This book is one of my references - don't wait to read it.'

*Davinia Taylor, British actor and #1 Sunday Times bestselling author of It's not a Diet*

'Reading and applying the principles outlined in Glucose Revolution can help anyone achieve divine levels of health.'

*Benjamin Bikman, PhD, Professor of Cell Biology, Brigham Young University, author of Why We Get Sick*