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Overcoming Insulin Resistance: Control Blood Sugar, Lose The Belly, Get You Life Back



Control Blood Sugar,
Lose The Belly and
Get Your Life Back

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Synopsis

Overcoming Insulin Resistance: Control Blood Sugar, Lose The Belly and Get Your Life BackInsulin resistance is one of the most widespread health problems affecting western culture. It affects at least 86 million adults in the USA alone, and it's estimated that 80% of overweight people suffer from insulin resistance. Insulin resistance is one of the most insidious health problems out there. Once it develops it can be difficult to spot the symptoms, but it will wreck your energy levels and ruin your efforts live a healthy and happy life, making it harder for you to lose weight and gain muscle. But many people don't know what it is, let alone realize they have it! Unable to Lose Weight? Insulin resistance makes it easier to gain fat but harder to lose it. Finding it Difficult to Build Muscle Tone? Insulin resistance makes it more difficult for your body to build and maintain muscles. Do You Feel Often Feel, Tired and Hungry? Insulin resistance causes you to feel fatigued and creates cravings for junk food. But there's good news too! You can reverse insulin resistance without drugs or surgery. A little knowledge and education combined with the right diet and lifestyle changes can help you to heal your body and feel better than ever before. Inside you'll learn:

- Exactly how Insulin resistance develops in the body-
- Signs you may be suffering from insulin resistance-
- How Insulin resistance could be affecting your health, weight and energy levels-
- The best route for overcoming insulin resistance-
- The insulin resistance diet, including my favorite insulin resistance beating recipes-
- Top tips and strategies for reducing insulin resistance and becoming healthier

Book Information

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Customer Reviews

This is a great book to help people overcome insulin resistance, become healthier, and take control over their lives. I like how the book starts by telling you everything you need to know about insulin and how you can actually make an effort to overcome it. There's some awesome recipes in the second half of the book. I'd recommend the omelet muffins to anyone and everyone :)

This is easy to grasp. Really nice recipes that offer great taste and smart alternatives to your typical dietary choices.

Very insightful information dealing with type 2 diabetes. Really liked some of the recipes given for meals especially the breakfast ones.

Very informative if you are borderline for diabetes. Better to work on it now. Easily understood.

I'm looking forward to using these recipes and the information presented in this book. All recipes look very easy and doable.

This book explains insulin resistance quite well and is very well written overall. It actually contained information that was new to me.

Wanted more information about this since I saw this on TV. Great information.

Good information. Not crazy about the recipes. Good read though. I would recommend to a friend. Glad I read this book.

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