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The Insulin Diet: Ways and Recipes to Lower Blood Sugar and Beat Insulin Resistance (Metabolic Syndrome & Weight Loss)

Laurie Mendez

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There are two main signs that no one should ignore: unexplainable fatigue for longer periods of time and excess weight gain. No, we do not mean that if you experience any of these two symptoms you are automatically suffering from the who-knows-what dangerous disease. Our point is that, in our society, one can not be too careful when it comes to his or her health and especially when we are talking about the symptoms of a syndrome affecting more than a quarter of America's population. Yes, Insulin Resistance is the foe that, paradoxically, becomes increasingly more popular among the world population of all ages and social categories. Although studies show that this condition can be prevented (unless it is genetically inherited), not too many persons are able or willing to live a life with restrictions of any kind. But, as through a kind of magic, this is valid only until the moment when we are told that we have diabetes or are on the verge of developing it. Then, we are all interested in doing whatever it takes to protect our body. Fortunately, with the proper medication and following your physician's recommendations closely, you can now control the evolution of such conditions as insulin resistance or even diabetes. And because things can seem too complicated when you first try to manage them, we decided to write this book to help you during your first stage of controlling your insulin resistance.

By reading this book, you will find out more about:

• The concept of IR, symptoms and evolution • Some myths about IR that need to be known as they are: just myths • How to make (and follow!) a diet plan that respects the most common recommendations for a person with IR • Ideas for simple and incredibly tasty recipes for you and the entire family These and many other aspects will be discussed in the inside of the book.

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People live in this new morning of lifestyle always try to and must have the extra time or they will get large amount of stress from both way of life and work. So , when we ask do people have time, we will say absolutely of course. People is human not only a robot. Then we question again, what kind of activity are there when the spare time coming to anyone of course your answer will certainly unlimited right. Then do you try this one, reading books. It can be your alternative inside spending your spare time, often the book you have read is actually The Insulin Diet: Ways and Recipes to Lower Blood Sugar and Beat Insulin Resistance (Metabolic Syndrome & Weight Loss).

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