



Insulin Resistance Diet: A Simple Solution to Control Blood Sugar, Lose Belly Fat, Cure Diabetes and Reclaim Your Health (Paperback)

By Source of Healthy

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.INSULIN RESISTANCE MIGHT BE THE REASON WHY YOU ARE SICK AND CAN T LOSE WEIGHT. IT CAN BE CURED AND HERE S HOW. READ ON By - a new leading edge source of healthy information. If you re frustrated and tired of trying out every kind of diet plan out there, but you still find yourself unable to lose weight, it s most likely because of insulin resistance. With millions of people around the world that have to live with insulin resistance, you re not alone and there is a way out of it. Insulin resistance is a hallmark of two very common conditions, metabolic syndrome and type 2 diabetes. In fact, insulin resistance is a major driver of type 2 diabetes. The high blood sugar levels are caused by the cells not responding to insulin anymore. Also, Insulin resistance is a likely culprit for your inability to lose weight. Insulin resistance could put you at risk for cardiovascular disease, diabetes, high blood pressure, raised blood sugar levels, cholesterol problems, and a myriad of other health complications. Insulin resistance can be reduced...



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Reviews

This publication is fantastic. It can be rally intriguing through looking at time. You may like the way the author compose this publication.
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