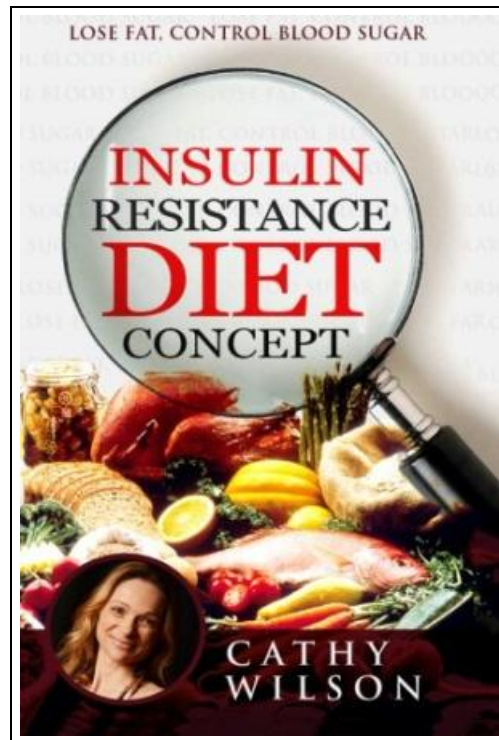


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Insulin Resistance Diet Concept - Lose Fat, Control Blood Sugar REVISED EDITION by veteran Health and Wellness Expert Cathy Wilson, unleashes a practical, diverse, versatile, and extremely healthy eating strategy for life! Not only does it zone in on lower blood sugar levels, Wilson also uncovers the limitations of the original Insulin Resistance Diet, and shows you how to personalize this healthy diet plan strategy to: BLAST Fat Fast! UNLOCK Hidden Energies! BUILD Sexy Lean Metabolism Boosting Muscle STRENGTHEN Heart and Lungs BATTLE off Serious Disease UNLEASH Unbelievable Confidence FACT: THERE S NO ONE DIET PLAN ON THE FACE OF THE EARTH THAT S PERFECT FOR EVERYONE, NOR IS THERE ONE THAT WORKS AS IS NOW AND FOREVERMORE! Diversity and change are ESSENTIAL for continuous fantabulous health and wellness. Not just in the protein rich, complex carbs, and essential vitamins and minerals you quench your bodily thirst with. But also in the hard-core sweat you engage in daily, the social engagements, and the mental stress relievers used to help balance your life. BONUS! This is your blood sugar solution! A superbly healthy diet and exercise plan are codes to one of the combination locks securing your great health for the long haul. This book SHOWS you ALL the factors toward good health. Inclusive of the Insulin Resistance Diet Strategy, that one step at a time, will show you the way to the golden vibrant light at the end of the tunnel. The one that takes you to your skinny jeans, string bikini, level blood sugars, and optimal health strategies for life! Your life is not a game. Time for you to listen to what Health and Nutritionist Cathy...



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