



The Insulin-Resistance Diet--Revised and Updated: How to Turn Off Your Body's Fat-Making Machine

Cheryle R. Hart, Mary Kay Grossman

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Conquer insulin resistance. Reduce cravings. Eat your favorite foods. And lose weight!

If you have tried every diet and are still struggling with your weight, the real culprit may be insulin resistance. When you have more glucose than your body needs, your body responds by producing more insulin to stabilize your blood sugar level and store the excess glucose as fat. In *The Insulin-Resistance Diet*, Cheryle R. Hart and Mary Kay Grossman show you how to control insulin resistance and lose weight without sacrificing all of your favorite foods.

Overcome insulin resistance and lose weight with:

- The exclusive Link-and-Balance Eating Method, which balances carbs with the right amount of protein at the right time for maximum weight loss
- Self-tests to determine your insulin resistance and check your progress with linking and balancing
- Real-world strategies for eating at home and out on the town
- Easy-to-make, tasty recipes and livable meal plans

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Playing with family within a park, coming to see the sea world or hanging out with close friends is thing that usually you will have done when you have spare time, and then why you don't try issue that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love The Insulin-Resistance Diet--Revised and Updated: How to Turn Off Your Body's Fat-Making Machine, you can enjoy both. It is fine combination right, you still need to miss it? What kind of hang-out type is it? Oh can happen its mind hangout men. What? Still don't have it, oh come on its identified as reading friends.

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