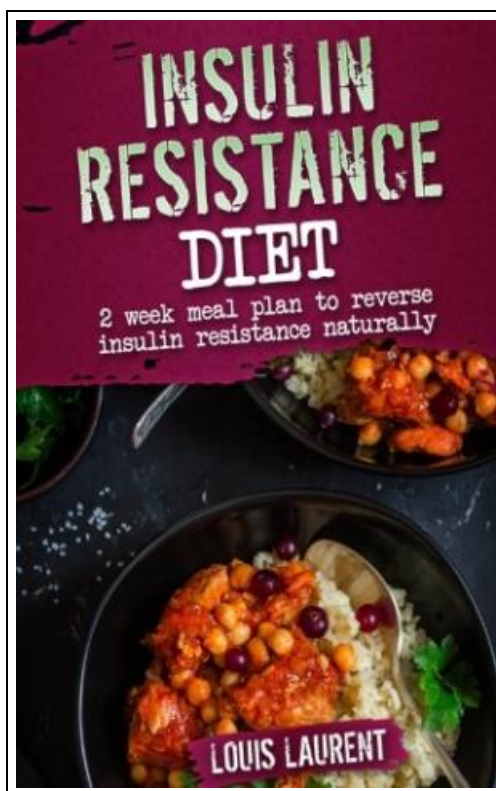


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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Stop letting insulin resistance ruin your health today. Insulin resistance, pre-diabetes, or metabolic syndrome are all the same thing; they are your cells not accepting the insulin and glucose in your bloodstream because they've become resistant to it for one reason or another. Those reasons will be explored within the book. Insulin resistance is a medical condition that's associated with the risk of cardiovascular disease and diabetes. It's a collection of symptoms, which are abdominal obesity, high levels of fasting glucose in the bloodstream, hypertension, low good cholesterol levels, and high triglycerides. All of these symptoms group together to form insulin resistance. Thankfully, all five of these symptoms, and the illness itself, can be reversed by eating a link and balance diet, or an insulin resistance diet. It may sound simple, but the simplest solutions are always the most effective when we are dealing with environmentally caused illnesses. Our modern lifestyles of busy schedules and overly rich diets have made it difficult for our bodies to keep up. As the way we live may have changed a lot, our physical biology has changed little to none since our ancestors. The link and balance eating method is a scientifically proven and beautifully simple solution to our modern lives. This book will provide a 2 week meal plan that will make following the link and balance eating method as easy as possible. There are a wide range of recipes that will suit all eating and dietary needs.



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