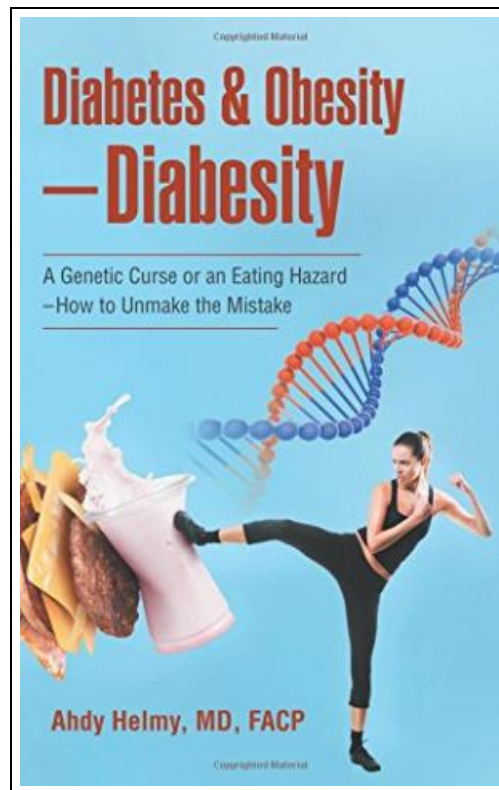


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It becomes an amazing pdf that I actually have ever go through. This is for those who statte that there had not been a worth reading through. You will like how the author create this pdf.
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WestBow Press, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Diabetesity is a growing nightmare. This book provides tips to balance the scale, and to help readers navigate their way out of this metabolic mess. It answers when, how, and what to eat. When, how, and for how long to exercise. It empowers readers to recognize the body's worst metabolic enemy. That is visceral adiposity, or simply put fat deposition in the midsection. For healthy non-diabetics, it is a call to action to avoid turning to a pre-diabetic, and to prevent those with pre-diabetes from progressing to diabetes. For Diabetics, it presents the ambitious hope to reverse diabetes, or to slow its progression and prevent its devastating complications ranging from cardiovascular death to living blind, on dialysis or with an amputated limb. It highlights in a storytelling mode the body's intricate design to handle its metabolic demands. It then illustrates the linkage between the visceral fat deposition, and the body developing resistance to its own insulin. Insulin resistance is what leads eventually to the high blood pressure, the elevated blood glucose and abnormalities in the circulating lipids, namely cholesterol and similar particles, and even gout. This is a tool in the hand of every one who wishes a healthier life, free from threats of Diabetes, obesity and their setbacks. It is the next right step after mere wishing.

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