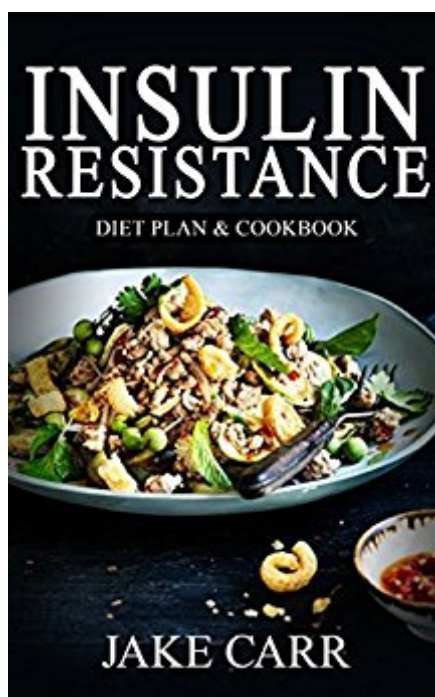


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# Insulin Resistance Diet: Your Step By Step Guide To Cure Diabetes & Prevent Weight Gain © Over 365+ Delicious Recipes & One Full Month Meal Plan (Insulin Resistance Cookbook, Balance Your Blood-Sugar)



## Synopsis

Reverse Your Insulin Resistance & Finally Start Shedding Those Pesky Pounds! Includes the Top 365+ Approved Insulin Resistance Breakfast, Lunch, Dessert & Snack Recipes as well as One Full Month Meal Plan. Introducing the Revolutionary Insulin Resistance Diet... If you have tried every diet and are still struggling with your weight, the real culprit is most likely Insulin Resistance. When you have more carbs than your body needs, your body responds by secreting more insulin to stabilise your blood sugar levels which in turn causes your body to STORE BODY FAT. In this guide, you will find Scientifically Proven Strategies to help your body reverse this process, known as Insulin Resistance once and for all the using carefully thought out diet plan. get ready for a step-wise approach to take you through the Insulin resistance and further beyond into the practical application of making healthy and super tasty recipes. Think of the Insulin resistance Diet like pushing the "reset"™ button with your overall health, relationship with food and your lifestyle habits. More than just a diet. It's a Lifestyle. This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness, and above all, reverse Insulin Resistance. This book will teach you exactly what you need to know about the Insulin resistance Diet as well as it's many Advantages and Health Benefits. Have a look Inside... The Prevalence of Obesity and Chronic Disease The Truth About Insulin & Weight Gain Insulin: The Fat Switch The Insulin Resistance Diet Rules Exceptions to the rule Why Processed Carb are the Enemy Cleanse & Detoxify YOURSELF One Full Month Meal Plan Here Is A Preview Of The Delicious Diabetes recipes you will find in this book: The Perfect Baked Chicken Wings Cauli Tater Tots Malaysian Bone Broth Soup Bacon Layered Lasagna Pulled Pork Shoulder Loaded Meatloaf Chicken Pie Friendly Pad Thai Classic Chicken Parmigiana Breakfast Berry Mug Cake Pump-Cakes Protein French Bread Breadless Cheeseburger Trio Queso Quesadilla Baked Cheesy Zucchini Roast Chicken and Pepper Salad Crab Sushi Sweet, Salty, and Savory Crepe Zesty Herbed Chicken Salmon Burgers Chicken Pesto Salad Hot Peri-Peri Chicken on Green Salad Mediterranean Chicken Turkey Leg Roast Cheeseburger Soup Indulgence Sirloin Tip Cut with Cilantro Sauce Slow-Cooked Greek Chicken Roasted Bacon-Wrapped Chicken FULL Nutritional Breakdown with EACH recipe so you can keep track of your Calories! ... Turn Your Life Around and Purchase this Book at its Lowest Price! ...

## Book Information

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## Customer Reviews

This Insulin Resistance Diet book has been one long read. Imagine getting more than 365 recipes that will eventually help cure diabetes and prevent gaining weight too? This is what this book is all about. One recipe each day of the year is something beyond me. And each recipe is easy to follow too, although I was looking for some pictures. This book has made me understand Insulin Resistance more.

I have read a couple of books about insulin resistance, I am just so concerned about why people develop this type of disorder, or can I even call it a disorder. After reading this book, the author shared some information which is important for everyone to know. Insulin is something that we need, but some people will reject this. The book also offered a lot of recipes that shows me healthy ingredients, and that is what I like. Looking at those ingredients made me take down notes and will try it soon.

This book has proven strategies to help reverse diabetes and become insulin sensitive in an efficient sustainable way. This book will help us allow to take control of our health and the benefits that will spill over every part of our life. In this guide, everything needed to be known about revolutionary diet and beyond into the practical application of making delicious recipes will be

learned and understood. This is a one year full of recipes to be made in order to recover from suffering diabetes.

In this book, considered one of the most topical problems of modern medicine, which is referred to as insulin resistance. It is a violation of the functions of the body which doesn't give glucose in the right quantity. To deal with this disease, you need to eat right and maintain physical health. I recommend reading the book, which discusses many useful recipes for healthy diet meals for insulin resistance.

This book contains proven steps and strategies on how to prevent inflammation from ruining your health. High blood sugar and insulin resistance are more and more common in our society, This book will help you understand insulin resistance better, and you will learn how you can plan your own diet in order to be more healthy, and live a happy life. Recommended!

Almost all of my relatives are having diabetes and I have a very high chance also to suffer from that problem but not anymore cause I think the guide of these book will help me prevent the possibilities of having diabetes in the future. If you just follow the diet and guide on this book you surely safe from having diabetes.

My mom actually have diabetes and I have to tell you that she isn't a doctor's dream patient. She eats whatever she likes and while she takes her medicines it still isn't a great thing for her condition to eat whatever. I purchased the book and actually prepared her one meal to try it out and she likes it. I told her about the book and showed it to her and thank goodness that she wrote down a few recipes and I am just hoping that she will be preparing it instead of what she usually cooks for herself.

Grabbed this for my mother so she can cook better food for my dad who suffers from diabetes. I gotta say that the recipes are really, really good. My father seems better since I gave this book to mom and I do hope it would help his condition in a long term. Awesome book.

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