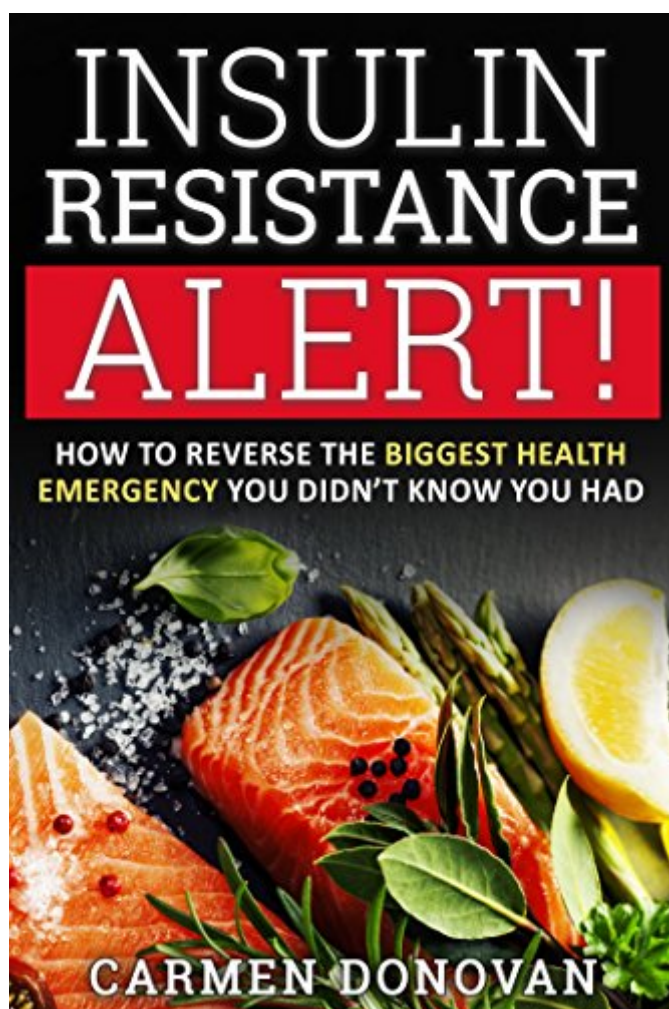


The book was found

Insulin Resistance Alert! How To Reverse The Biggest Health Emergency You Didn't Know You Had (Diabetes, Weight Loss, Ketogenic Diet, PCOS)





Synopsis

There is a Health Emergency happening in your body right now. It's the reason why you put on more weight the older you get. The longer you leave it, the worse it gets...This is known as Insulin Resistance. Put simply, it develops when your body ages and becomes worse at dealing with blood sugar. This increases the amount of insulin that your body needs to release, thus making you gain more fat, more quickly.~ ~ Thankfully, Insulin Resistance can be treated and reversed, and you won't need any medicine or equipment to do it.~ ~ In this book I will show you how, as well as explain various critical concepts that will ensure you'll beat insulin resistance for good:What is Insulin Resistance?Symptoms of Insulin Resistance - what to look out for!Busting Some Myths About Weight Loss - why losing weight isn't an impossible featThe Nutrition Connection - how it all comes down to the right nutrition for youWhat Else Can Help To Get My Mojo and My Health Back?Taking action - the exact steps to takeHow to stay on track and create new healthy habits.After you read this book, I guarantee you'll see your health and nutrition in a different light. You will be on your way to reversing Insulin Resistance, lose the extra weight and feel amazing.~ ~ Get your copy now, or read for FREE on Kindle Unlimited!

Book Information

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Customer Reviews

Impressive! This is a great book to help people overcome insulin resistance, become healthier, and take control over their lives. I like how the book starts by telling you everything you need to know about insulin and how you can actually make an effort to overcome it. There's some awesome recipes in the second half of the book. Really worth recommending!

A very informative book to read. It explains what I needed to learn about Insulin Resistance. Definitely worth the purchase, my doctor recommended this book to us and he definitely wasn't wrong about the book. Spending my time and money in this book is really worth it.

This book is full of information about insulin and how your body uses it. It explains how to lose weight in a healthy way that is easy to understand. My favorite part was when the author compared insulin and the bodies cells to a pizza delivery guy.

This short read was concise and very well written. It is one that should be read by all who want to improve their nutrition---especially perhaps by senior citizens and those approaching such a status. It is indeed an eye opener.

Such an interesting read. Why is this information not being talked about - thank you to the author for informing me. I can recommend this book highly. Well written and some excellent information I had not heard before.

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