



**The Insulin Resistance Solution: Reverse Pre-Diabetes, Repair Your Metabolism, Shed Belly Fat, and Prevent Diabetes - with more than 75 recipes  
by Dana Carpender**

*Rob Thompson, Dana Carpender*

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Defeat your Insulin Resistance and change your life with an easy-to-follow plan and 75 recipes for a healthier you.

It's proven that a healthy lifestyle can dramatically reduce your chances of diabetes, heart disease, and other illnesses. But where should you start? Americans are slowly becoming ill from impaired glucose metabolism that manifests itself as a debilitating illness or chronic condition. You may try to manage one problem after another-- diuretics to treat blood pressure, statins to lower cholesterol, metformin and insulin to treat diabetes--without fully realizing that the root of these issues is insulin resistance which revs up inflammation, damages the immune system, and disrupts the whole hormonal/chemical system in the body.

It's time to feel better and get healthy by following a simple step-by-step plan to a healthy lifestyle. Rob Thompson, MD and Dana Carpender create the ultimate dream team in your journey to wellness.

The Insulin Resistance Solution offers a step-by-step plan and 75 recipes for reversing even the most stubborn insulin resistance.

The Program:

- Reduce Your Body's Demand for Insulin: This is the stumbling block of many other plans/doctor recommendations. Even "healthy" and "moderate" carb intake can continue to fuel insulin resistance.
- Fat is Not the Enemy: Stop Worrying about Fat, Cholesterol, and Salt
- Exercise--the RIGHT way:
- Use Carb Blockers: Eat and Supplement to Slow Glucose Digestion and Lower Insulin Levels
- Safe, Effective Medication

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People live in this new day of lifestyle always aim to and must have the extra time or they will get wide range of stress from both lifestyle and work. So , once we ask do people have extra time, we will say absolutely indeed. People is human not only a robot. Then we ask again, what kind of activity do you have when the spare time coming to you actually of course your answer will unlimited right. Then do you try this one, reading guides. It can be your alternative in spending your spare time, the actual book you have read is

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