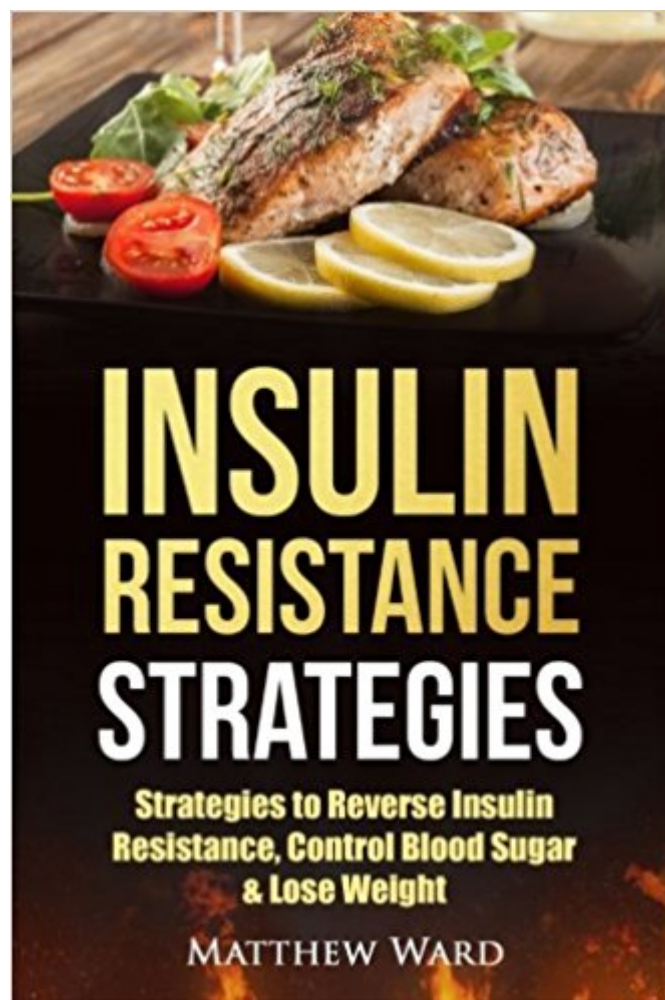




The book was found

# Insulin Resistance: Strategies To Overcome Insulin Resistance, Control Blood Sugar And Lose Weight



## Synopsis

Discover How to Reverse Insulin Resistance! In this book Matthew Ward helps you reverse Insulin Resistance by showing you strategies thatâ™ll keep you from getting your Insulin Resistance out of control. These strategies range from nutritious food intake thatâ™ll heal your body, exercising, to many other surprising strategies thatâ™ll aid you in the fight against Insulin Resistance. Whether youâ™re trying to, reverse insulin resistance, lose weight, repair your metabolism, or prevent diabetes, the strategies in this book will aid you, or a loved one, on the road to successful healing. The habits you take away from this book, if acted upon, will instill you with an energetic and healthy lifestyle.

## Book Information

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Average Customer Review: 4.3 out of 5 stars 23 customer reviews

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## Customer Reviews

In this book you will find excellent steps and strategies on how to identify the signs and symptoms of insulin resistance, help source the cause of the issue, and monitor your blood sugar to keep your levels within a normal range. Also, this book contains detailed information about type 1 diabetes and type 2 diabetes, as well as descriptions of symptoms that indicate the presence of diabetes. Author gives you good advice on how to change the lifestyle that you would stop taking medication, or to reduce to a minimum. Indeed, very useful reading!

An excellentÂ¢Â¢Â¢ cookbook for those who have been diagnosed as insulin resistant as well as those who are at risk and want to get a handle on things. The recipes they have in the book are condiments and stocks, breakfast, soups and salads, snacks and sides, vegetarian and vegan, fish and seafood, poultry and meat, drinks and desserts. his book is so amazing. As a health and

nutrition major, I would highly recommend this book to those who need this lifestyle change.

I was waiting for a better content. Google can give more info and free

Guess I was looking more for specific strategies. This box presented some basic ideas but almost more opinion than scientific medical approach

I love keeping healthy and also helping others stay healthy. This undying passion consistently push me to research for information on different health issues. This time, I stumbled upon Matthew Ward's book on Insulin Resistance, you can imagine my excitement. A bunch of information, not just mere information but very resourceful information geared towards diabetes awareness. Matthew has done a very impressive job putting together useful information in understanding the types of Insulin resistance, how one can identify such from an early stage, make reformed choices to stay and remain healthy. Not only does he point out the issues brought up by Insulin imbalance in the body but also gives an outline of what can be done to resolve including the dietary habits and how to deal with poor eating habits. If you are like me, just looking for health information, this is a must have handbook. But especially to those who are already suffering from Diabetes, taking care of a diabetes patient or loved one. You can tap into Matthew Ward's knowledge on diabetes and find some help and encouragement.

Provided a good foundation of the basics. Great information for someone starting off with managing of blood sugar levels.

This is a great cookbook on Insulin Resistance. All of the things and recipes that I need to know about Insulin Resistance are already included and well-illustrated inside. Matthew Ward has done an incredible awesome job in compiling and creating this cookbook of Insulin Resistance. Also the unique part of this book is the compilations of the strategies to overcome insulin resistance, control blood sugar and lose weight. They are so, informative, useful, practical and easy to apply in the real life. They're also well guided and written. This book is really a great resource for me to understand Insulin Resistance more. The book is worthy of attention! I highly recommend this book to all. With that, I'd like to give this book a Very High and Amazing 5-Star.

Not as detailed as expected - but liked it nonetheless

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