



The Insulin-Resistance Diet--Revised and Updated: How to Turn Off Your Body's Fat-Making Machine

By Cheryle R. Hart, Mary Kay Grossman

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Conquer insulin resistance. Reduce cravings. Eat your favorite foods. And lose weight!

If you have tried every diet and are still struggling with your weight, the real culprit may be insulin resistance. When you have more glucose than your body needs, your body responds by producing more insulin to stabilize your blood sugar level and store the excess glucose as fat. In *The Insulin-Resistance Diet*, Cheryle R. Hart and Mary Kay Grossman show you how to control insulin resistance and lose weight without sacrificing all of your favorite foods.

Overcome insulin resistance and lose weight with:

- The exclusive Link-and-Balance Eating Method, which balances carbs with the right amount of protein at the right time for maximum weight loss
- Self-tests to determine your insulin resistance and check your progress with linking and balancing
- Real-world strategies for eating at home and out on the town
- Easy-to-make, tasty recipes and livable meal plans

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- Sales Rank: #26203 in eBooks
- Published on: 2007-12-10
- Released on: 2007-12-10
- Format: Kindle eBook

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Editorial Review

About the Author

Cheryle R. Hart, M.D., is board certified in bariatrics, the medical specialty of weight management, and in obstetrics/gynecology. She completed her specialty training at the Mayo Clinic and is now in private practice at the Women's Wellness Workshop in Spokane, Washington. She also speaks on "Hormones By Hart" in a wide variety of cities.

Mary Kay Grossman, R.D., is the nutritional advisor of the Women's Wellness Workshop in Spokane and consults privately at her own clinic, YouTriton.

Users Review

From reader reviews:

Steven Richardson:

In this 21st millennium, people become competitive in each way. By being competitive today, people have do something to make these survives, being in the middle of typically the crowded place and notice simply by surrounding. One thing that sometimes many people have underestimated this for a while is reading. That's why, by reading a guide your ability to survive increase then having chance to remain than other is high. In your case who want to start reading some sort of book, we give you this kind of The Insulin-Resistance Diet--Revised and Updated: How to Turn Off Your Body's Fat-Making Machine book as beginner and daily reading guide. Why, because this book is greater than just a book.

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Edna Miller:

People live in this new time of lifestyle always try to and must have the extra time or they will get lots of stress from both day to day life and work. So , once we ask do people have free time, we will say absolutely of course. People is human not really a huge robot. Then we consult again, what kind of activity are there

when the spare time coming to a person of course your answer can unlimited right. Then do you try this one, reading books. It can be your alternative with spending your spare time, the actual book you have read is usually The Insulin-Resistance Diet--Revised and Updated: How to Turn Off Your Body's Fat-Making Machine.

Joe North:

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