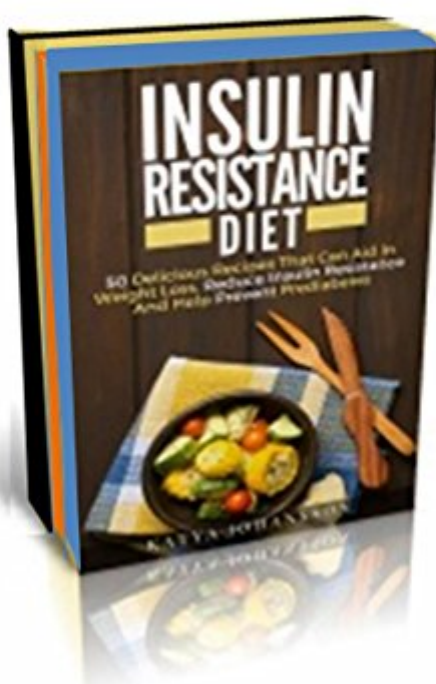


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Synopsis

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Book Information

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Customer Reviews

After a year of rapid weight gain and other related medical issues, I was diagnosed with insulin resistance. I bought this in the hope that it could help me relearn how to eat so that I could overcome the insulin resistance and get back to a healthy weight. It taught me how to balance proteins and carbohydrates so that my body wouldn't be stressed by blood sugar highs and lows and the resulting insulin spikes. Now I no longer deal with a pounding heart after meals, or with the exhaustion of my system being out of whack. On top of that, I have lost a lot of weight and it wasn't

hard to do.

This book contains a lot of a wide variety of healthy and usable dishes to cook for. It has the methods and easy to find ingredients. Me and my mon used to cook for my grandfather, now, it's my turn to cook for my grandma, and so far, I wanted to try salmon burger which sounds really interesting! Kudos to the author and to the book! This is very much helpful and I'd like to say this is highly recommendable.

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