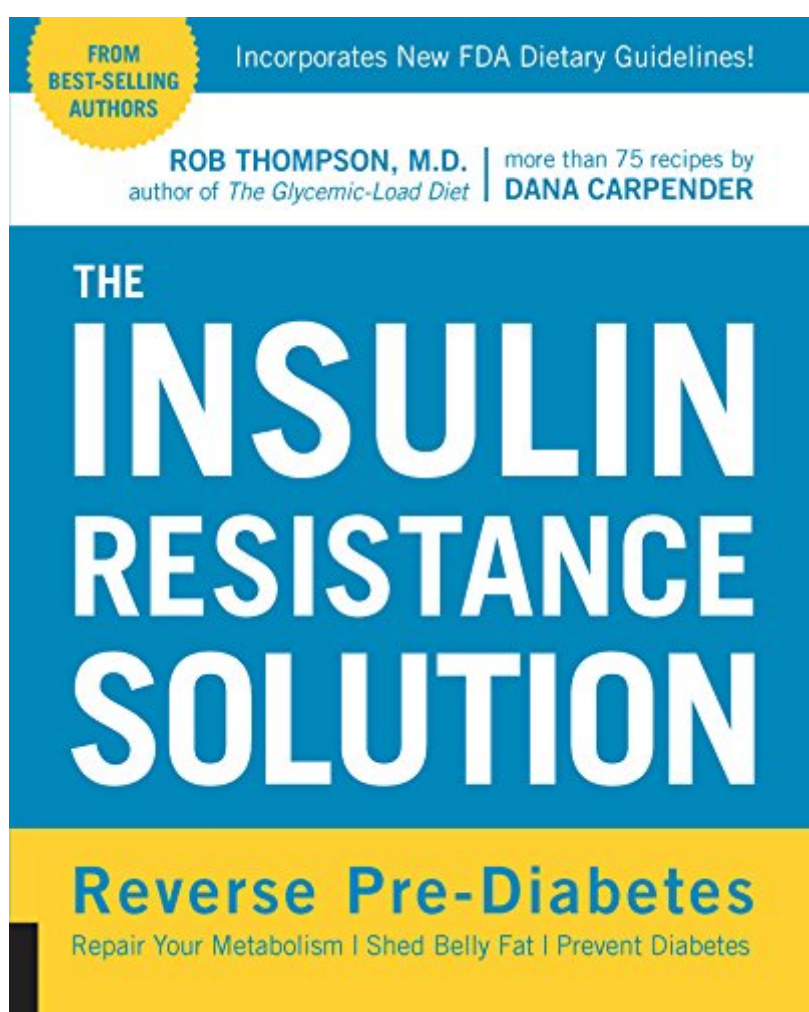


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The Insulin Resistance Solution: Reverse Pre-Diabetes, Repair Your Metabolism, Shed Belly Fat, And Prevent Diabetes - With More Than 75 Recipes By Dana Carpender



Synopsis

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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Customer Reviews

Insulin resistance seems to be the current dietary name of the game. Apparently Dr. Thompson previously wrote a book on Glycemic Load (which I admit I have not read) but is now updating the concept to show that adhering to a low glycemic load diet helps improve insulin resistance. I am no stranger to the diet game and have read lots of books over the years, enabling me to lose 100 pounds and keep it off so far for seven years as of this writing, but I don't think I have still fully resolved insulin resistance issues. However it's hard to tell based on his chapter two, on how to tell if you are insulin resistant. Some of the markers: High triglycerides (mine are very low), low levels of good cholesterol (mine is quite high). However some of the other symptoms fit me. The book is clearly written, and for someone new to the concept it probably is a good introduction to the idea of insulin resistance. Despite lots of reading on the issue I had not come across the concept previously that activating your slow twitch muscles helps improve insulin resistance. This chapter lauds walking and is probably good reading for the typical couch potato scared off by the idea of exercise. A couple issues I have with the book overall, though, include: 1) In the slow-twitch section he recommends again and again that WALKING is the best thing you can do. He recommends walking a couple miles (3.2 km). However there are some folks (raises hand!) who *can't* walk a brisk 2 miles regularly. In fact if I do it ONCE I'll be hobbling around on crutches with large doses of painkillers for a few days afterwards. I have a bad knee and have to be careful in limiting how much I walk in order to preserve mobility on a regular basis.

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