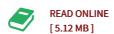




The Insulin Resistance Diet Plan & Cookbook: Lose Weight, Manage PCOS, and Prevent Prediabetes (Paperback)

By Tara Spencer

Callisto Media Inc., United States, 2020. Paperback. Condition: New. Language: English. Brand new Book. Nutritionist Tara Spencer knows firsthand the struggle of coping with insulin resistance and PCOS. Now she combines her experience and expertise to help you overcome the physical and emotional effects of your condition with a holistic 4-week meal plan and cookbook. Millions of people are diagnosed with insulin resistance-yet too often feel alone. If you're looking for a natural approach, Tara's practical insulin resistance diet and meal plan and compassionate, up-to-date advice will guide you toward reversing your insulin resistance-naturally. Lose weight, take control of your PCOS, rebuild your confidence, and embrace a healthier way of living, with: 100 easy-to-prepare recipes using clean, wholesome ingredients A sensible and affordable 4-week meal planSelf-compassion techniques for coping with stress Bodyweight exercises to boost your metabolism With The Insulin Resistance Diet Plan & Cookbook, you'll take the first crucial step in reclaiming your health for the rest of your life.



Reviews

This publication may be worth purchasing. it was actually writtern quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book i actually have study inside my personal life and can be he best ebook for actually.

-- Frank Nienow

This is the greatest book we have study right up until now. This can be for all those who statte that there was not a worth reading. Your lifestyle period will probably be enhance when you complete looking at this ebook.

-- Santos Koelpin