



Syndrome X: The Complete Nutritional Program to Prevent and Reverse Insulin Resistance

By Jack Challem, Burton Berkson, Melissa Diane Smith

Turner Publishing Company. Paperback. Book Condition: new. BRAND NEW, Syndrome X: The Complete Nutritional Program to Prevent and Reverse Insulin Resistance, Jack Challem, Burton Berkson, Melissa Diane Smith, You can feel great again! "Syndrome X proactively lays out a nutritious, tasty, and simple diet plan to get us back to the basics of healthy nutrition."-Lendon H. Smith, M.D., New York Times bestselling author of Feed Your Body Right "Syndrome X is the best new book to help you understand the facts about nutrition, health, and aging. It is full of new information and insights most readers have never had access to before. Everyone who values his or her health will want to read the book and then individualize the program to suit his or her needs-the authors have made this easier than ever to do."-Richard A. Kunin, M.D., author of Mega-Nutrition What is Syndrome X? It's a resistance to insulin-the hormone needed to burn food for energy-combined with high cholesterol or triglycerides, high blood pressure, or too much body fat. Syndrome X ages you prematurely and significantly increases your risk of heart disease, hypertension, obesity, eye disease, nervous system disorders, diabetes, Alzheimer's, cancer, and other age-related diseases. Syndrome X is the...



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