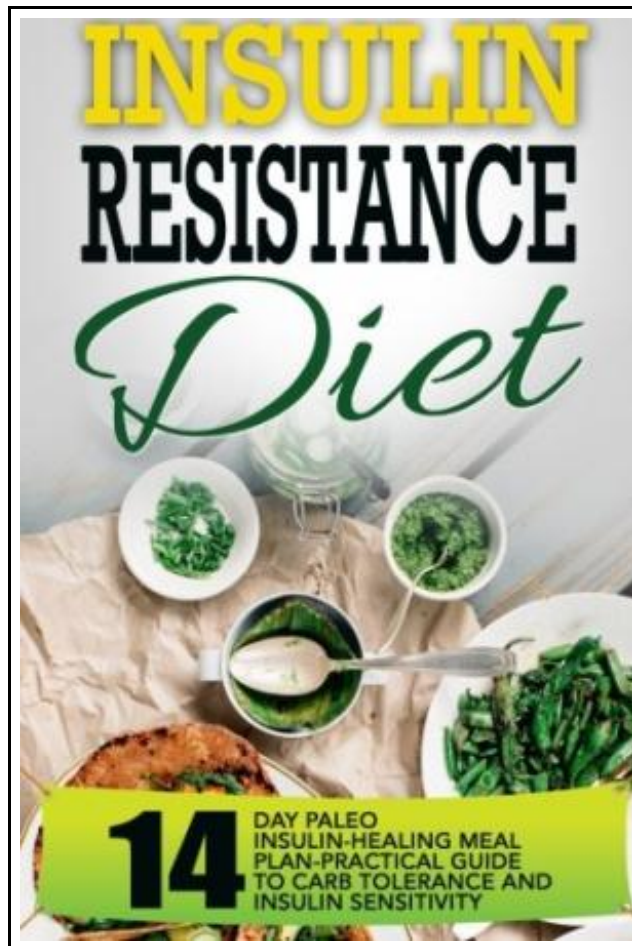


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INSULIN RESISTANCE DIET: 14 DAY PALEO INSULIN-HEALING MEAL PLAN-PRACTICAL GUIDE TO CARB TOLERANCE AND INSULIN SENSITIVITY



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.14 Day Paleo Insulin-Healing Meal Plan-Practical Guide To Carb Tolerance And Insulin SensitivityHere's the best insulin resistance diet to follow if you have some degree of insulin resistance, are a type 2 diabetic, or suffer from polycystic ovarian syndrome If you are insulin resistant, alter your diet to prevent spikes in blood sugar that can contribute to insulin resistance. A variety of healthy and delicious meal options can fuel your day without raising your blood sugar to unhealthy levelsBy following the insulin resistance diet outlined in this book, incorporating foods, spices and herbs for insulin resistance into your everyday diet, in addition to the exercise and supplementation strategies you will be able to quickly and easily reverse insulin resistance and normalising your blood sugar levels again.An insulin resistance diet is the first step you must take if you notice any elevation in your fasting blood sugar level. It will help to increase your insulin sensitivity, lower your fasting blood sugar level, help to keep your blood sugar level stable throughout the day, and most importantly, reduce the negative consequence of having high blood sugar.Here Is A Preview Of What You ll Learn.*How the Paleo Diet Improves Insulin Sensitivity*14-Day Meal Plan*Almond and Chestnut Bread with Homemade Coconut Butter*Bacon and Eggs on Greens with Lime-Mustard Vinaigrette*Walnut Bread with Homemade Strawberry Jam*Watermelon and Beetroot Smoothie, Vegan*Chicken Salad with Avocado-Basil Dressing*Pan-Fried Vegetables on Boiled Mushroom "Bread," Vegan*Twice Baked Sweet Potato Stuffed with Spicy Pulled Pork*Curried Chicken Almonds with Squash, Slow Cooker Recipe*Hunter Stew with Wild Rice, Slow Cooker Recipe*Zoodles (Zucchini Noodles) with Meatballs*Loaded Green Salad with Spiced Vinaigrette*Much, much more!Buy your copy today!Try it now, click the add to...

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