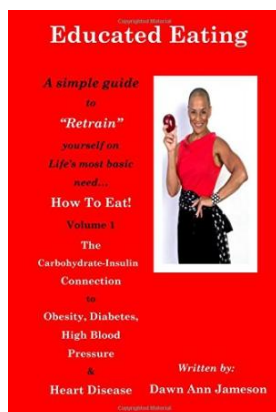


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EDUCATED EATING: A SIMPLE GUIDE TO RETRAIN YOURSELF ON LIFE'S MOST BASIC NEED. HOW TO EAT! VOLUME 1 THE CARBOHYDRATE-INSULIN CONNECTION TO OBESITY, DIABETES, HIGH BLOOD PRESSURE, HEART DISEASE



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Obesity, Diabetes, High Blood Pressure, and Heart Disease have reached epidemic levels. Most people are overworked, overwhelmed and on the Merry-Go-Round of Sick Care. One of the main reasons for the high levels of disease is people are just not making the connection between carbohydrates (sugar) and insulin (a hormone). Carbohydrates are just different forms...

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- Authored by Dawn Ann Jameson
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