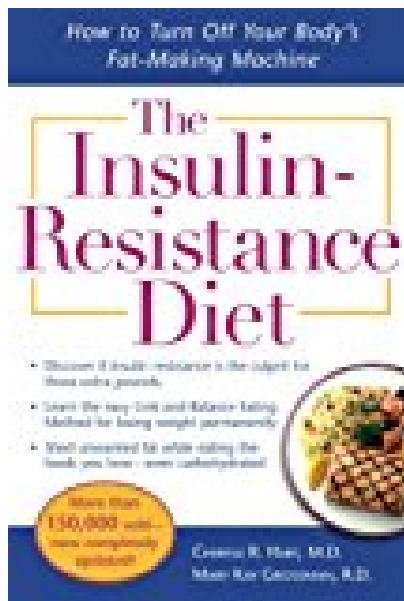


The Insulin-Resistance Diet--Revised and Updated How to Turn Off Your Bodys Fat-Making Machine Dieting



BOOK DETAILS

- Author : Cheryl Hart
- Pages : 256 Pages
- Publisher : McGraw-Hill Education
- Language : English
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BOOK SYNOPSIS

Explains how insulin resistance causes weight gain and how to correct this with the link-and-balance eating method, and includes recipes and tips for eating out.

THE INSULIN-RESISTANCE DIET--REVISED AND UPDATED HOW TO TURN OFF YOUR BODYS FAT-MAKING MACHINE DIETING

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