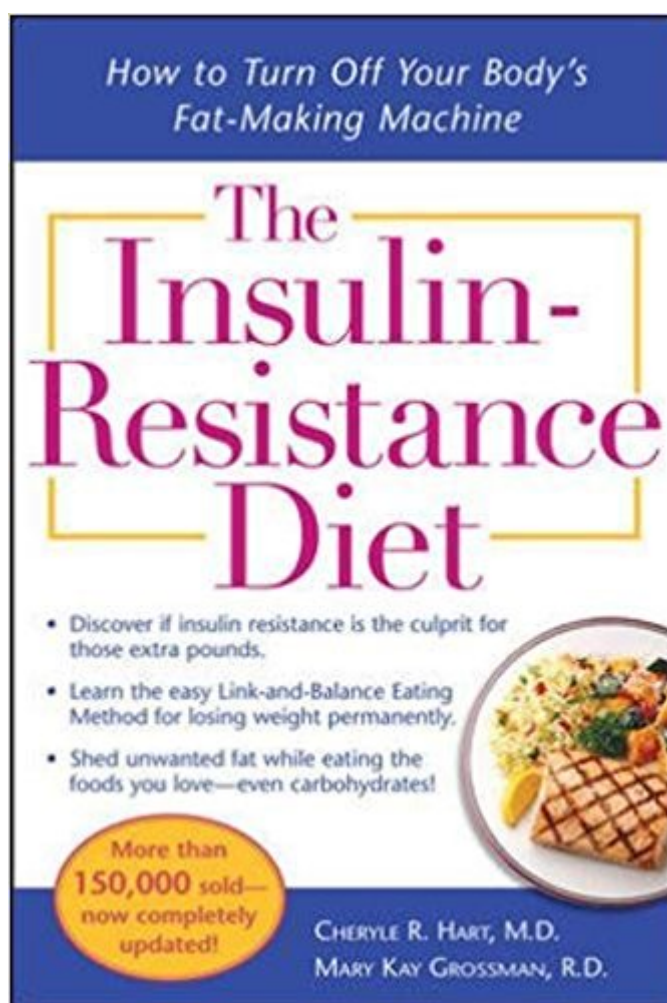


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# The Insulin-Resistance Diet--Revised And Updated: How To Turn Off Your Body's Fat-Making Machine



## Synopsis

Conquer insulin resistance. Reduce cravings. Eat your favorite foods. And lose weight! If you have tried every diet and are still struggling with your weight, the real culprit may be insulin resistance. When you have more glucose than your body needs, your body responds by producing more insulin to stabilize your blood sugar level and store the excess glucose as fat. In *The Insulin-Resistance Diet*, Cheryle R. Hart and Mary Kay Grossman show you how to control insulin resistance and lose weight without sacrificing all of your favorite foods. Overcome insulin resistance and lose weight with: The exclusive Link-and-Balance Eating Method, which balances carbs with the right amount of protein at the right time for maximum weight loss Self-tests to determine your insulin resistance and check your progress with linking and balancing Real-world strategies for eating at home and out on the town Easy-to-make, tasty recipes and livable meal plans

## Book Information

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## Customer Reviews

Cheryle R. Hart, M.D., is board certified in bariatrics, the medical specialty of weight management, and in obstetrics/gynecology. She completed her specialty training at the Mayo Clinic and is now in private practice at the Women's Wellness Workshop in Spokane, Washington. She also speaks on *œHormones By Hart* • in a wide variety of cities. Mary Kay Grossman, R.D., is the nutritional advisor of the Women's Wellness Workshop in Spokane and consults privately at her own clinic, YouTriton.

I have PCOS with Insulin Resistance. My weight had gotten out of control and I had no idea what to do. I heard about The Insulin Resistance Diet from other women with PCOS, so I decided to give it a try. I have found this way of eating to be extremely easy to follow, easy to stick to, and I've lost over 30 pounds in 2 months. I'll definitely be sticking with the Insulin Resistance Diet

Getting older and fatter. I have tried low carb, Weight Watchers. exercise, my doctor's diet, Adkins. hyper exercise 30 day diets. pre cooked food diets and on and on. If i try very hard count my calories to 800 and exercise i might loose 10 lbs over time. The minute i eat or drink anything not on the diet I gain 2 lbs that day. I end up fatter than when I started. Now with this program I lost 4 lbs the first week without trying. I study a lot so exercise is minimal. I have all my life needed more sleep than the average person. I sleep soundly at night and need a 30 min nap every day. MOT ANY MORE! This program has changed my sleep pattern in one week. I do not nap and I stay up until 11 pm every night. THANK YOU FOR THIS BOOK!

Worked great for me and my wife. Very simple to follow, just don't eat carbs by themselves, and have about half as much protein as carbs (grams) when you have a meal.

My husband has diabetes and learned in the first few pages of this book simple techniques for improving his diet. I have a friend who lost 20 pounds following this book's recommendations.

I have most of the symptoms of insulin resistance and was told by my doctor when in my teens that I had metabolic disorder but not anything I could do about it. I have started the link and balance and feel better, feel confident that i can do this. Thanks for the. Book.

I was recently diagnosed with PCOS, insulin resistance and diabetes. To say the least, I was shell shocked. I researched on the internet and tried so hard to figure out how to change my lifestyle. Honestly, I haven't done as well as I've wanted. I have lost 23 pounds since August, but I've stalled. And most days I'm so frustrated with "what to eat" that I only get in 800 calories, if I'm lucky. On top of this, I'm working out around an hour a day. And still I've stalled out on the weight loss. I finished reading this book in less than a day. I couldn't put it down, I was a sponge soaking up all the information. When I completed the book, I called my doctor's PA and discussed it with her. She told me this was perfect for me and to go for it. I'm so excited to put what I've learned from this book into what I do. I finally know what I can and can't eat and I don't have to starve because I have no idea

what to eat, besides peanut butter, to control the spikes. Thank you so much, to the authors, for putting this out there for people like me who are struggling just to survive. I'll update again in a few months, after this becomes a habit and life change for me.

This book has been a real help to me. It explains the science, without being too technical for me to understand. The lists, recipes and "real world strategies" are tremendously beneficial, too. Not only does the book provide me the "how to's," it's also helped me better understand myself, my relationship with food, and the "why's." I've spent a lifetime over eating, and eating an improperly balanced diet. In just three weeks I've lost nearly one clothes size, and I haven't suffered doing it! I'm encouraged and know that I can continue to follow this method indefinitely. I won't lie. I miss indulging in carbohydrates. But linking and balancing their in-take is a small price to pay for being much, much more healthy, and realizing weight loss results! I do, indeed, recommend this book.

I found this book to be very comprehensive and easy to read. Has easy break down categories for combining foods to help to balance insulin. Recommended to me by my naturopath. This book is not loaded down with a bunch of medical jargon and is easy to follow.

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