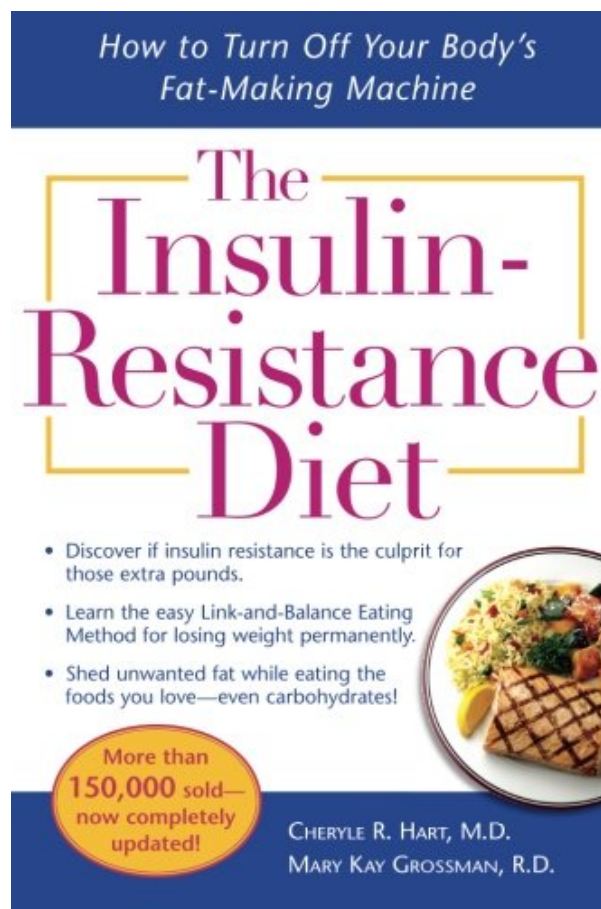


THE INSULIN-RESISTANCE DIET--REVISED AND UPDATED: HOW TO TURN OFF YOUR BODY'S FAT-MAKING MACHINE BY CHERYLE HART, MARY KAY GROSSMAN



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- Shed unwanted fat while eating the foods you love—even carbohydrates!



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CHERYLE R. HART, M.D.
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About the Author

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 "Hormones By Hart" in a wide variety of cities.

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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

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By ladylung

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!**

6 of 6 people found the following review helpful.

So far so good!

By MISSDEBBIE

So far so good. I have been following this book for a few weeks now and I have lost 8 pounds. I have learned a new way to eat. I don't feel as hungry anymore and my sugar is stable. The only part that's difficult is how much protein you have to eat. It's hard to find different sources of protein to pair with my carbohydrate. I'm worried I will eventually get tired of eating the same thing over and over again. But I'm hopeful that I will be able to stick with it.

6 of 6 people found the following review helpful.

Great explanation and easy to apply

By Dianne Webb

Very informative and easy to follow. My diet has changed considerably since I've aged. I get that sugar is not my friend. After reading this book, I have been able to figure out why I had little success with weight loss even with minimal carbs. Combining my protein and carbs as this book suggests has helped me get results.

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