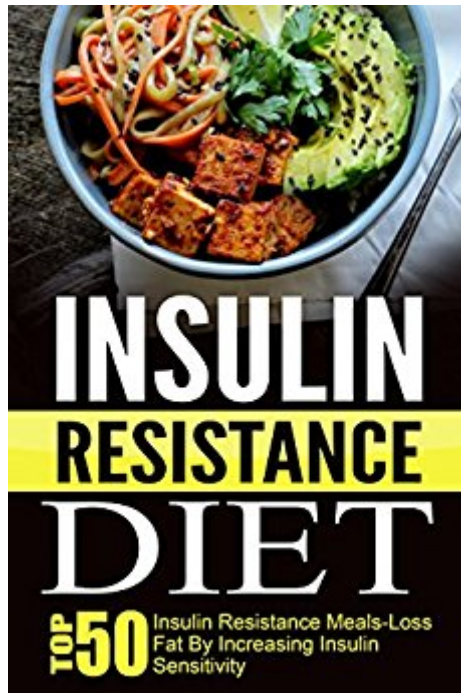


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# Insulin Resistance Diet: Top 50 Insulin Resistance Meals-Loss Fat By Increasing Insulin Sensitivity



## Synopsis

Top 50 Insulin Resistance Meals-Loss Fat By Increasing Insulin SensitivityHave you ever wondered why, after all the exercise and healthy eating you do, you still can't shift that last bit of fat? Insulin is the primary hormone that tells your body to store energy as fat or use it as fuel " so you want to ensure that your diet is designed to keep insulin levels (and in turn, your weight) in check. Food can be as powerful as a drug " it can make you weak and sick or it can make strong and healthy. I picked some of my favourite recipes that will not only protect against cancer, heart disease and diabetes, but also help your waistline by boosting your insulin-sensitivityHere Is A Preview Of What You'll Learn...Banana-Raspberry FlapjackFlourless Bean Burrito with Fresh SalsaGreen, Green Fresh Salad with Italian Style VinaigretteSourdough Bruschetta with ChickpeasAsian Inspired Burger with Special SauceAlmonds and Broccoli in Pita PocketsSlow Cooked Beef CurryEasy Spiced Pumpkin Pudding with Frozen BananasCreamy Fruit Salad with Shredded CoconutPeach and Nutmeg Vanilla SmoothiePeach-Mango SmoothieMuch, much more!Download your copy today!Try it now, click the "buy" button and buy Risk-Free

## Book Information

File Size: 1696 KB

Print Length: 116 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 27, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B014L0GED6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #111,655 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #61

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## Customer Reviews

Your insulin sensitivity measures how well your cells respond to insulin. The better they respond, the less insulin your body has to produce. The less insulin your body produces, the more fat it mobilizes and uses for fuel. I am not sure about these diet recipes how they will help to burn fat. But I can surely say one thing that these are good in taste. I have tried some (only vegetarian) and I am happy with the recipes.

I had never heard of insulin resistance but had to find a book with recipes quickly after learning that one of my guests coming to dinner next week suffers from this. I was fortunate to find this book on a promotion and I quickly skimmed through it to find a meal and dessert that all of the guests could eat! There was a great selection to choose from and I was interested to learn a little about what insulin resistance actually is too. I guess I would have liked to see some pictures as I'm a visual person, but in the end it was still worth the download. I'm also looking forward to trying a couple of those smoothies!

Having this condition entails a lot of care especially food intake. I have known some friends who suffered severely because of diabetes. It's a known fact that some of the causes can be blamed to the lifestyle and diet. This book provides a list of healthy recipes intended for people who have insulin resistance. I actually would like to try the "Easy Spiced Pumpkin Pudding with Frozen Bananas". Thanks for this amazing read!

There's some recipes here that are supposed to be good for maintaining the proper levels of insulin. I've tried the peach and nutmeg vanilla smoothie and the zucchini scones and they taste great! There's also tips on how you can regulate your insulin levels especially if you want to reduce your obesity. Useful guide!

It is really concerning when you are an insulin resistant person that is why I am being aware of it. I like this book for as I read it, it does not immediately redirect me to the recipes but it explains first about what are the signs of being an insulin resistant. It also gives natural ways on how to increase insulin sensitivity. And with the recipes, I like the recipes being provided for each meal and it has a lot of different kinds of recipes shared. This is not just a diet meals book for someone who has or is suffering from being an insulin resistant but for everyone whether you are suffering from being an insulin resistant or not.

As an older man struggling to maintain the same level of metabolism as my younger self, I looked to this book for guidance on how to lose weight, as well as fat from a variety of recipes for all meals of the day. I've read a handful of recipe books and I try not to get fed up in the title, like "insulin resistance", but rather how healthy the recipes are because frankly, if they're healthy, then they will solve a lot of your health problems no matter what they are. After looking through this book and even trying out some of the recipes, I can say that I can highly recommend the book based on its variety, as well as quantity of recipes. One of my favorites is the cheesy asparagus omelet, as well as the oatmeal crusted chicken for dinner. I'm sure I'll find more recipes I love once I find the time to experiment more with them. Other than the three main meals, there are even snack ideas as well. Overall this is a great recipe book.

After reading this Insulin Resistance Diet book, I discovered that it contains a lot of tried, tested and proven ways on how one will be able to trim down his waistline and stay healthy by boosting his insulin sensitivity. This book is simple yet it can be a very effective and helpful guide. It has explained how insulin functions as a hormone. I also appreciate all the recipes given here, all promise to protect anyone from cancer as long as he maintains a healthy lifestyle plus the healthiest foods. This is a must grab for all concerned individuals out there. This book deserves a spot in your library.

Reading something that concerns your health is certainly worth the time. This book, for one, is a good example. I know a few people with Diabetes (type 1 and 2) and I would surely let them know about the information I gathered here so they can be guided with their diet. Readers like me should also be aware of the importance of insulin in our body so we may be watchful of what we eat. The collection of recipes provided by the author seems very tasty and easy to prepare. There are a lot to choose from. Some of it are perfect for those who are always busy and on the go while there are some baking recipes that can be done together with family for quality time. The most important thing is that they are healthy and are generously given to us. So don't forget to share it to others as well.

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