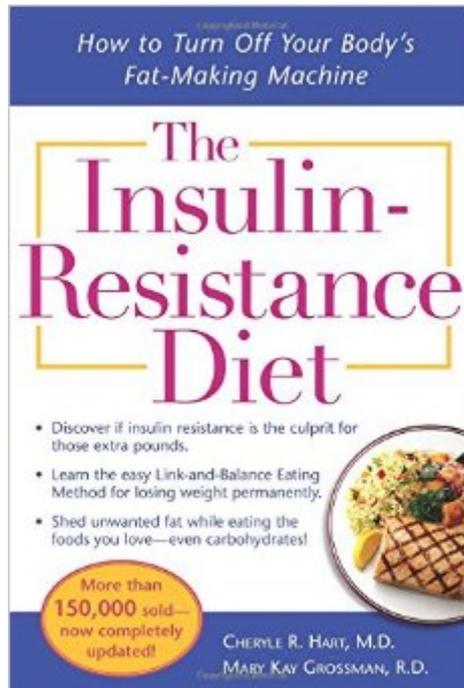


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# The Insulin-Resistance Diet--Revised And Updated: How To Turn Off Your Body's Fat-Making Machine



## 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

I can't recommend this book enough. After years of battling excess weight, facial hair and painful, irregular periods due to PCOS this book saved me. I have had this condition since I was 10 yrs old. The psychological effect of this condition on me as a teenager is something I wouldn't wish on my worst enemy. I spent years going to infertility clinics and being pumped with hormones because I couldn't get pregnant; years sweating away hours a night with a personal trainer at a gym to no avail and when I found this book, I had been on Weight Watchers for 8 months, yet I began to gain weight on it! WW told me I needed to eat more food! Every useless doctor I went to made me feel like I was

doing something on purpose to be the way that I was. Finally, I found this book, went to an Endocrinologist who knew what he was talking about and within 2 months lost the 30 lbs of weight that plagued me for the last 10 years. The first thing my Endocrinologist did was take me OFF Weight Watchers. If you suffer from Insulin Resistance, WW is not for you; it's too low on protein and permits one to eat foods high in carbohydrates without pairing it with a protein. Link and Balance through the Insulin Resistance Diet is the way to go. I learned how to eat correctly and followed this Insulin Resistance Diet, maintained the gym regime and went on 850 mg, 2x's daily of Metformin, 2 Spironolactone daily, BC pills and within 2 months I was normal again. No more irregular periods. Less body hair and I could honestly say, I was at a normal weight - 30 lbs lighter. I didn't starve at all and unlike WW, I didn't "pass out" and get the shakes after I ate something, which incidentally is how my Gyno (who referred me to the Endo Specialist) caught the condition. I had eaten a Fiber Bar (2 points on Weight Watchers) 45 mins before my appt, and when I arrived they tested my insulin levels because my speech was slurred and I was passing out. Anyway, one year later, without even trying, my husband and I conceived on our own without any infertility treatment. I started ovulating on my own. Our baby is due in January.

I was diagnosed with insulin resistance, PCOS, and chronic hypertension at the age of 19. I went on blood pressure medicine and metformin at that time. This year (seven years and many failed weight loss attempts later) I decided that enough was enough and I wanted to lose the weight so I purchased and followed the diet in this book. In 10 months, I have lost over 100 pounds, lowered my cholesterol 75 points, and have successfully stopped taking my blood pressure medication (under doctor supervision of course) and I have done all of this by following the diet outlined in this book coupled with moderate exercise. I highly recommend it if you have been diagnosed with insulin resistance. I can't speak to this diet's effectiveness if you do not have this condition, I just know that it worked wonders for me and drastically improved my quality of life.

I bought this book to give me some ideas on how to improve the way I eat after being diagnosed with insulin resistance two months ago at the age of 34. My insulin resistance is one of several health issues that came up as I was just diagnosed with PCOS (polycystic ovarian syndrome) as well as higher than normal testosterone levels. We have been trying to conceive our second child for one year and I have always had irregular periods with late ovulation. I began eating the way this book describes, by always linking carbohydrates with protein every two to three hours. I have increased my consumption of vegetables, legumes and nuts as well. I went several steps further

than this book describes and cut out all refined carbs (white bread, pasta and any snacks made with refined flour) and all sugar/sweets and any fried foods (do not worry, please note that this book does not tell you to cut sugar or refined carbs!) The general premise of the book is to always eat protein with carbs. I just wanted to cut out refined carbs and sugar for health reasons as well. In addition to this I added 20-30 minutes of aerobic exercise five days a week to my bi weekly yoga practice. In the almost two months of following this nutritional and exercise regimen I have started to ovulate normally and have shorter menstrual cycles; this is something that gives us hope in getting pregnant sometime in the future. I began this regimen not to loose weight but simply to control my insulin resistance and bring that number down eventually and improve my ovulation. Although my original intent was not at all to loose weight I have dropped eight pounds in two months, almost a pound a week. Any belly fat I had accumulated in the last few years has completely melted away. Yes, I still have sugar and refined carb cravings but they have definitely subsided significantly. I am not hungry all the time like I used to and as a result I am eating more often, healthier food but generally smaller servings of food not this huge plates like before. The healthier foods I am eating makes me feel full longer (lean meats, whole grains, legumes, fruits and veggies). My bowel movements have improved. I feel healthier. I have more sustained energy without the morning low energy lull I had before. My muscle tone has improved as has my sleep. The book describes the link and balance method quite simply and provides extensive lists of foods and the amounts you should eat of each food to balance the carbs with the protein. It is pretty straight forward and I am glad I bought it.

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