



Insulin Resistance Recipes: Simple and Delicious Recipes to Lower Your Blood Sugar and Reverse Insulin Resistance (Control Blood Sugar Level)

Monica Hamilton

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Let food be thy medicine, said the ancient Greek physicians. Whenever we have a specific health issue – our first reflex should be to look at our food habits. But we don't. Not until we get "Doctor's Orders".

High blood sugar and insulin resistance are more and more common in our society, and here, too, we need to let food be our medicine. Making the right choices about food, letting go of our fast-food/easy-food meals, is essential to returning to health.

One of the ways food can help is by choosing whole, natural foods that prepare from their raw state. These easy recipes can help you start – or get back into – doing that.

In this book, you will learn how to:

- Combine whole fresh foods into health-creating dishes and meals
- Use added fat healthfully
- Use spices to spice up the meal and speed up your metabolism
- Inspire yourself from "healthy regions" of the world for new and tasty recipes

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