



## The Insulin Resistance Diet: Supercharge Your Energy While Stripping Body-Fat - Insulin Resistance Diet (Paperback)

By Sage Surefire

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Control Your Insulin Resistance, Supercharge Your Energy, And Strip Off Body-Fat With This Insulin Resistance Diet Imagine doing everything right - eating clean, training hard, taking supplements as advised - and yet still not making any traction on your fat loss goals. Can you imagine how frustrating that would be? Well, chances are if you re reading this you don t need to imagine it - because it is your current reality! The reason that you are unable to lose body fat likely has more to do with your level of insulin sensitivity than anything else. Insulin sensitivity refers to how much of an insulin response your body gets in response to a given amount of carbohydrate - in other words, how well you body uses blood sugar. Insulin is one of the most powerful hormones in the body. Its job is to push energy into your muscle, liver and fat cells. Insulin is released from the beta-cells in the pancreatic function of your pancreas. This happens when you take in any type of carbohydrate. How much insulin...



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