



# **Insulin Resistance Alert! How To Reverse The Biggest Health Emergency You Didn't Know You Had (Diabetes, Weight Loss, Ketogenic Diet, PCOS)**

*Carmen Donovan*

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**There is a Health Emergency happening in your body right now. It's the reason why you put on more weight the older you get. The longer you leave it, the worse it gets...**

This is known as Insulin Resistance. Put simply, it develops when your body ages and becomes worse at dealing with blood sugar. This increases the amount of insulin that your body needs to release, thus making you gain more fat, more quickly.

**Thankfully, Insulin Resistance can be treated and reversed, and you won't need any medicine or equipment to do it.**

In this book I will show you how, as well as explain various critical concepts that will ensure you'll beat insulin resistance for good:

- What is Insulin Resistance?
- Symptoms of Insulin Resistance - what to look out for!
- Busting Some Myths About Weight Loss - why losing weight isn't an impossible feat
- The Nutrition Connection - how it all comes down to the right nutrition for you
- What Else Can Help To Get My Mojo and My Health Back?
- Taking action - the exact steps to take
- How to stay on track and create new healthy habits.

After you read this book, I guarantee you'll see your health and nutrition in a different light. You will be on your way to reversing Insulin Resistance, lose the extra weight and feel amazing.

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**Ian Hall:**

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