



Syndrome X: The Complete Nutritional Program to Prevent and Reverse Insulin Resistance

Jack Challem, Burton Berkson, Melissa Diane Smith

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You can feel great again!

""Syndrome X proactively lays out a nutritious, tasty, and simple diet plan to get us back to the basics of healthy nutrition.""-Lendon H. Smith, M.D., New York Times bestselling author of Feed Your Body Right

""Syndrome X is the best new book to help you understand the facts about nutrition, health, and aging. . . . It is full of new information and insights most readers have never had access to before. Everyone who values his or her health will want to read the book and then individualize the program to suit his or her needs-the authors have made this easier than ever to do.""-Richard A. Kunin, M.D., author of Mega-Nutrition

What is Syndrome X? It's a resistance to insulin-the hormone needed to burn food for energy-combined with high cholesterol or triglycerides, high blood pressure, or too much body fat. Syndrome X ages you prematurely and significantly increases your risk of heart disease, hypertension, obesity, eye disease, nervous system disorders, diabetes, Alzheimer's, cancer, and other age-related diseases.

Syndrome X is the first book to tell you how to fight the epidemic disorder that is derailing the health of nearly a third of North Americans. It outlines a complete three-step program-including easy-to-follow diets, light physical activity, and readily available vitamins and nutritional supplements-that will safeguard you against developing Syndrome X or reverse it if you already have it.

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Jaclyn Warner:

The knowledge that you get from Syndrome X: The Complete Nutritional Program to Prevent and Reverse Insulin Resistance is the more deep you rooting the information that hide inside words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to recognise but Syndrome X: The Complete Nutritional Program to Prevent and Reverse Insulin Resistance giving you buzz feeling of reading. The writer conveys their point in selected way that can be understood by anyone who read the item because the author of this publication is well-known enough. This kind of book also makes your current vocabulary increase well. So it is easy to understand then can go along, both in printed or e-book style are available. We recommend you for having this particular Syndrome X: The Complete Nutritional Program to Prevent and Reverse Insulin Resistance instantly.

Mary Bunch:

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