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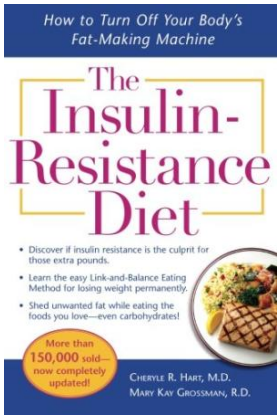

McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, The Insulin-resistance Diet: How to Turn Off Your Body's Fat-making Machine (Revised and updated 2nd ed), Cheryle R. Hart, Mary Kay Grossman, Conquer insulin resistance. Reduce cravings. Eat your favorite foods. And lose weight! 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...

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