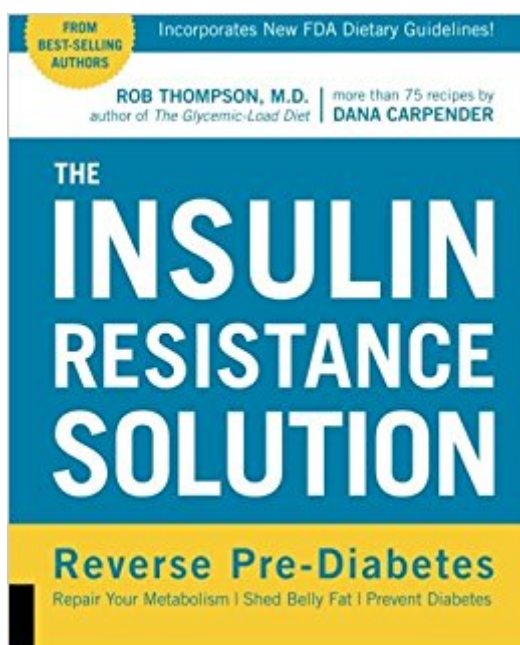


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# The Insulin Resistance Solution: Reverse Pre-Diabetes, Repair Your Metabolism, Shed Belly Fat, And Prevent Diabetes - With More Than 75 Recipes By Dana Carpender



## Synopsis

Defeat your Insulin Resistance and change your life with an easy-to-follow plan and 75 recipes for a healthier you. It's proven that a healthy lifestyle can dramatically reduce your chances of diabetes, heart disease, and other illnesses. But where should you start? Americans are slowly becoming ill from impaired glucose metabolism that manifests itself as a debilitating illness or chronic condition. You may try to manage one problem after another—diuretics to treat blood pressure, statins to lower cholesterol, metformin and insulin to treat diabetes--without fully realizing that the root of these issues is insulin resistance which revs up inflammation, damages the immune system, and disrupts the whole hormonal/chemical system in the body. It's time to feel better and get healthy by following a simple step-by-step plan to a healthy lifestyle. Rob Thompson, MD and Dana Carpender create the ultimate dream team in your journey to wellness. The Insulin Resistance Solution offers a step-by-step plan and 75 recipes for reversing even the most stubborn insulin resistance. The Program: - Reduce Your Body's Demand for Insulin: This is the stumbling block of many other plans/doctor recommendations. Even "healthy" and "moderate" carb intake can continue to fuel insulin resistance. - Fat is Not the Enemy: Stop Worrying about Fat, Cholesterol, and Salt - Exercise--the RIGHT way: - Use Carb Blockers: Eat and Supplement to Slow Glucose Digestion and Lower Insulin Levels - Safe, Effective Medication

## Book Information

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## Customer Reviews

"The number of Americans who have the condition of insulin resistance now outnumber the people

who do not--it is a rampant modern health issue responsible for weight gain, diabetes, premature aging and other common health problems. Dr. Thompson unravels the science and rationale for why this silent epidemic has occurred, while Dana Carpender provides her signature wit, charm, and clever low-carb recipe-spinning to provide practical solutions for undoing this condition." - William Davis, MD, Author of #1 New York Times Bestseller *Wheat Belly: Lose the wheat, lose the weight* and find your path back to health, *The Wheat Belly Cookbook*, and *Wheat Belly 30-Minute (or Less!) Cookbook* published by Rodale, Inc.

Rob Thompson, MD is a board-certified cardiologist in private practice who has counseled patients with high cholesterol, diabetes, and heart disease for more than twenty-five years. He is the author of the bestselling *The Glycemic-Load Diet*, and *The Glycemic-Load Diet Cookbook*. Thompson resides in Seattle. Dana Carpender is a pioneer of the low-carb movement and a bestselling author of over 14 cookbooks, including *1001 Low-Carb Recipes*, *500 Paleo Recipes*, *15-Minute Low-Carb Recipes*, *The Low-Carb Diabetes Solution Cookbook*, *200 Low-Carb, High-Fat Recipes*, *The Low-Carb Diabetes Solution*, *the Insulin Resistance Solution*, *500 Ketogenic Recipes* and many more. To date her books have sold over a million copies worldwide. She writes about low-carb cooking and nutrition on her Facebook page, Dana Carpender's Hold the Toast Press. She lives in Bloomington, Indiana with her husband and a menagerie of pets, all of whom are well and healthily fed.

After you've read quite a few books about insulin resistance and the benefits of eating low carb, you think there's nothing new to read. This book surprised me by explaining simply how the body responds to carbs and gains weight. It also has tips on reversing insulin resistance easily. I tested some tips on myself and was surprised to see how quickly I noticed changes. It REALLY works. I can't begin to tell you how happy I am. I've also stopped taking thyroid pills and metformin. My blood pressure is down, too, and I was on three different blood pressure pills. Not anymore. The first part of the book is the educational part along with tips on how to reverse insulin resistance immediately. The second part is all about the food and recipes. Highly recommended if you have insulin resistance or even having trouble losing weight. Also, this book isn't trying to sell you any products. It's a straightforward approach to combating insulin resistance and the weight gain associated with it. I wish I had this book years ago. It would have saved me a lot of struggles.

Insulin resistance seems to be the current dietary name of the game. Apparently Dr. Thompson

previously wrote a book on Glycemic Load (which I admit I have not read) but is now updating the concept to show that adhering to a low glycemic load diet helps improve insulin resistance. I am no stranger to the diet game and have read lots of books over the years, enabling me to lose 100 pounds and keep it off so far for seven years as of this writing, but I don't think I have still fully resolved insulin resistance issues. However it's hard to tell based on his chapter two, on how to tell if you are insulin resistant. Some of the markers: High triglycerides (mine are very low), low levels of good cholesterol (mine is quite high). However some of the other symptoms fit me. The book is clearly written, and for someone new to the concept it probably is a good introduction to the idea of insulin resistance. Despite lots of reading on the issue I had not come across the concept previously that activating your slow twitch muscles helps improve insulin resistance. This chapter lauds walking and is probably good reading for the typical couch potato scared off by the idea of exercise. A couple issues I have with the book overall, though, include: 1) In the slow-twitch section he recommends again and again that WALKING is the best thing you can do. He recommends walking a couple miles (3.2 km). However there are some folks (raises hand!) who \*can't\* walk a brisk 2 miles regularly. In fact if I do it ONCE I'll be hobbling around on crutches with large doses of painkillers for a few days afterwards. I have a bad knee and have to be careful in limiting how much I walk in order to preserve mobility on a regular basis. Walking is good to recommend as it's free, and fairly easy for most, but he offers no alternatives for those who can't do it. Some casual googling indicates that biking and swimming are also good for slow twitch. Since I swim laps for 20-40 minutes several times a week (love to swim, and no pain for my knee) I seem to have that covered, but nothing but walking gets a nod in the book. 2) Dr. Thompson \*completely\* misrepresents the Atkins Diet in his section discussing it. Some of his erroneous statements include:- "Atkins advised eliminating virtually all carbohydrates - not just starch and sugar but fruit and vegetables. The only carbohydrates the diet allowed were limited amounts of leafy green vegetables."- "Atkins recommended eating fewer than 20 [grams of carbs] per day...The problem with Atkins and other radical low-carb diets is that they defy deep biological urges...Fruits and vegetables contain vitamins, minerals and fiber that are essential to good health...which is why Atkins dieters started longing for their missing foods." Anyone who knows the Atkins diet well knows that what Thompson is talking about is merely the first \*two weeks\* of a lifelong eating plan, designed to "jump start" your loss, and that that as you progress up the "carb ladder" fruits, nuts, more veggies, even grains, are incorporated into the Atkins diet. So when I see something in print which I know is quite wrong it makes me wonder just how much else is wrong in the book as well. I do like the section on glycemic load however, which is a far more useful concept than glycemic

index. I have a personal bias to confess to here. I rarely ever cook from recipes except for occasionally baking, which needs more precision. But in general I'm a "pinch of this, dash of that, dollop of the other" sort of cook, and I've long had a bias against diet books that end up being recipes to a large extent. However I understand many people truly require recipes, and if you must have recipes in a book then it's great to have them provided by Dana Carpender. Her recipe directions are clear and simple, her options are interesting. She's not afraid to include very simple things like "instant eggs" or "hot and black" [coffee]. Her omelet directions are simple and basically the way I've made my omelets for years, but for someone new to omelets it's a good primer. She includes lots of long-time low carb favorites like fauxtatoes and cauli-rice. I confess I still have a sweet hankering so had to check out her desserts. The three cookie recipes were too fussy for me but I had to try the Fudgy Chocolate Whatchamacallit, just for the name if nothing else! It does include whey protein powder which I try to avoid, but not much, and it was quite tasty with an interesting texture sort of halfway between fudge and a thick pudding. I have to give her kudos, too, for directing you to stiffly beat up the egg whites as a first step. Egg whites are tricky and to get good stiff whites you need a perfectly clean pan and beaters. Yet it seems almost every recipe I read has you beating and mixing all sorts of other things first, and then tell you to whip the egg whites at about step 12. By then the beaters are dirty and messy, and no matter how you try to clean them it's very difficult and the whites rarely whip satisfactorily. When I make dishes needing whipped egg whites I always do it as the first step regardless of what the directions say. Thanks Dana for listing that step in the proper order! So my bottom line is that there are many good things about this book but I'm not willing to place it among the top echelon of diet books. However if you are the sort of diet bookoholic who wants the nuances of all sides of a subject this one may give you some additional things to think about. Disclaimer: Note that I was provided a free copy of this book from the publisher in exchange for my own honest opinion of the book, and I have done my best to provide that.

I was interested to see that most reviewers of this book treated it as a lose-weight diet book. All the women on my mom's side of the family have bloated bellies with a double handful of fat sitting on top, and so do I. I confess, I've been trying to lose my blubbery stomach since forever (otherwise, I'm really thin) but when I had a blood test and found that I was pre-diabetic with a cholesterol reading of 235, I couldn't believe it. This book will tell you why this happens and what you can do about it in a very readable format, with great recipes in the last third of the book. I made cookies last night (with almond flour and xylitol, 8 grams of carbs in the entire half-batch, and they were great).

Things don't have to be so sweet that they make your mouth pucker, there are plenty of other good tastes out there. But the health concerns were the primary reason I bought the book, the Reverse Pre-diabetes part. I've only had the book a week and I've lost four pounds, mostly around my middle, and the energy boost is incredible. Can't wait for my next appointment to see the numbers. Get this book!!

Has changed my life. and not much does. I am finally on board with something that makes sense

Written simply and with simple solutions! I learned a lot and am putting them into action and feel better for doing them

After purchasing other Glycemic Index diet books, this is the author - and books - I went with. Of several books by Rob Thompson, I feel this one in top two books. I feel the best book is "The Sugar Blockers Diet" by same author. The Glycemic Load approach make more logical sense to me over Glycemic Index. Plus this book teaches you how to block blood glucose spikes by eating starch (sugar) "blockers" before I eating a portion of sweet potato. This is so easy it shouldn't be called a diet. No hunger cravings. I've drop 12.5 lbs in last 6 weeks by eliminating fruit juices (but NOT raw fruit) and minimizing starch. I've gone from a 28 BMI to a 26 BMI but my actual goal is a waist-to-height ratio below 50%. I'm using bone broth as a bone/ joint medication which helps with diet total calorie. I may have to actually over eat if trend continues because weight loss is too rapid and I risk losing muscle.

I liked the explanations of insulin resistance and the easy changes to make to a lifestyle to improve your health. Liked having recipe options. Dislike: some of the more obscure sweetener and food replacements will not be easily available for all people.

This is the book for people risen blood sugar levels have been identified and want to take care of themselves without prescription drugs.

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