

Download Blood Sugar Blues Overcoming The Hidden Dangers Of Insulin Resistance

Finally, she provides lists of 'safe' foods for people suffering from insulin resistance and a number of simple and tasty recipes that incorporate foods in combinations that help relieve symptoms of the disorder. "Blood Sugar Blues" is a well-written and easily understood primer for anyone dealing with insulin resistance and the ills it can cause. Blood Sugar Blues: Overcoming the Hidden Dangers of Insulin Resistance and How You Can Detect and Overcome It The Blood Sugar Blues Blood Sugar Blues : Overcoming the Hidden Dangers of Insulin Resistance [Miryam Ehrlich Williamson, R. Paul St. Amand M.D.] on Amazon.com. *FREE* shipping on qualifying offers. BLOOD SUGAR BLUES: Overcoming the Hidden Dangers of Insulin Resistance Miryam Ehrlich Williamson, Author, R. Paul St Amand, Foreword by . Walker \$14.95 (234p) ISBN 978-0-8027-7610-5