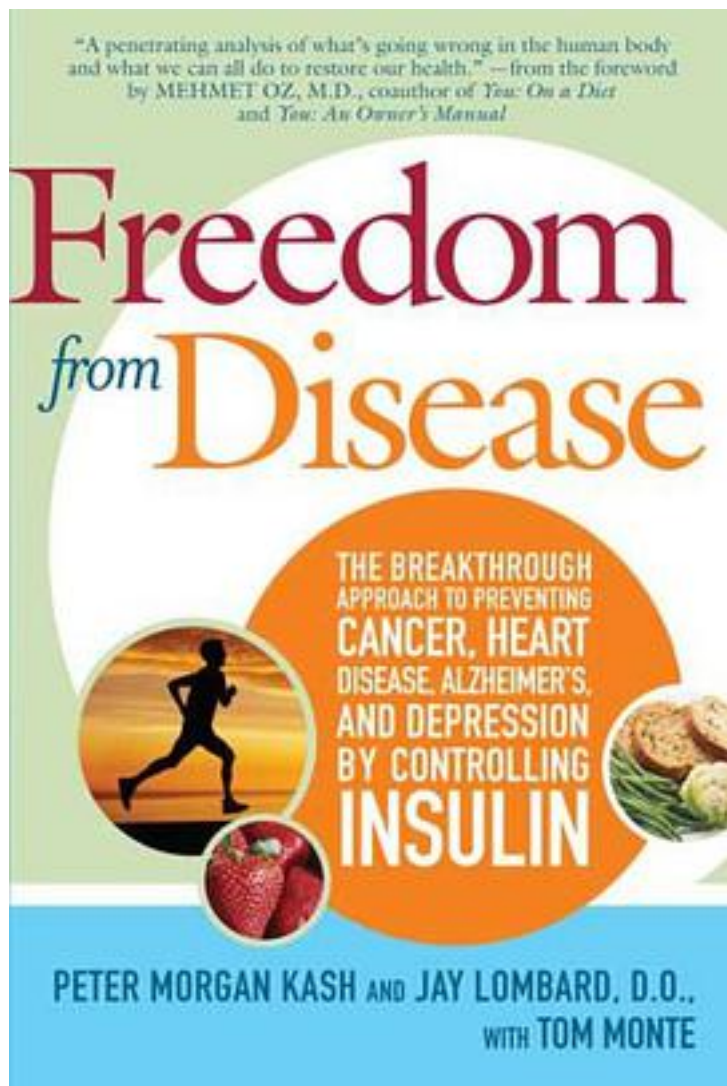


Freedom from Disease



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While insulin is most closely associated with diabetes, it is actually the culprit of a number of diseases that are making the American population ill--heart disease, cancer, diabetes, stroke, and Alzheimer's, among others. This groundbreaking book reveals how insulin resistance is linked to these diseases--and how you can get insulin under control to keep yourself healthy. "Freedom from Disease" provides a comprehensive program for effectively reducing insulin levels and maintaining excellent health. Peter Morgan Kash and Jay Lombard, D.O., will show you: How and why insulin is the key to health and illnessHow insulin resistance arises even in people who don't have diabetesHow to assess your insulin levelsThe real connection between stress and insulinA food and supplement program that will keep your insulin levels in check, protect you against a host of diseases, and help you feel your bestDrawing on the latest scientific research on the role that insulin plays in the body, this book presents information on nutrition and exercise that will battle increased insulin levels, reduce insulin resistance, maintain health, and reduce disease.

作者介绍:

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