

THE NATIONAL BESTSELLER

**THE COMPLETE NUTRITIONAL PROGRAM TO
PREVENT AND REVERSE INSULIN RESISTANCE**

SYNDROME X

USE THE
GLYCEMIC INDEX
TO INCREASE
YOUR GLUCOSE
TOLERANCE

**LOSE WEIGHT • STOP HEART DISEASE AND DIABETES
CLEAR UP MENTAL FUZZINESS • INCREASE ENERGY**

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Syndrome X The Complete Nutritional Program To Prevent And Reverse Insulin Resistance

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