

When you hear the word insulin, you immediately think of diabetes or high blood sugar. While that may be true, the dangers of unmanaged levels of insulin prove to be more life-threatening. Insulin is a hormone that plays a vital role in digestion and metabolism as it breaks down nutrients into essential glucose that produces needed energy for various cells in the body. It is also responsible for “telling” the muscle and fat cells to store unused glucose. By understanding the role and function of insulin in the body, you will be informed about managing and maintaining it at right levels so you can prevent high blood sugar and other illnesses associated with insulin resistance and sensitivity. This book contains proven steps and strategies on how you can keep your insulin levels stable through natural means. You will also discover how you can balance your meals effectively in order to achieve energy balance essential for keeping your insulin at healthy levels. Discover different meal suggestions that you can incorporate in your life, food to avoid, and other important factors to help you make the right choices. You can start living healthy today!

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