



# **Blood Sugar Blues : Overcoming the Hidden Dangers of Insulin Resistance**

*Miryam Ehrlich Williamson, R. Paul St. Amand M.D.*

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**A vitally important new book about a widespread condition we're just beginning to understand**

An estimated 20 percent of Americans (55 million people) are insulin resistant?and most of them don't know it! Their high carbohydrate intake is causing their bodies to become immune to their own insulin, and the resulting high blood sugar levels are increasingly linked to diseases and disorders, from Type II diabetes and heart disease to Syndrome X. Medical journalist Miryam Williamson, herself afflicted with insulin resistance (IR), draws on the latest medical studies and reports, explains the links between IR and each condition, and offers essential advice on making lifestyle changes that can control or even reverse IR.

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