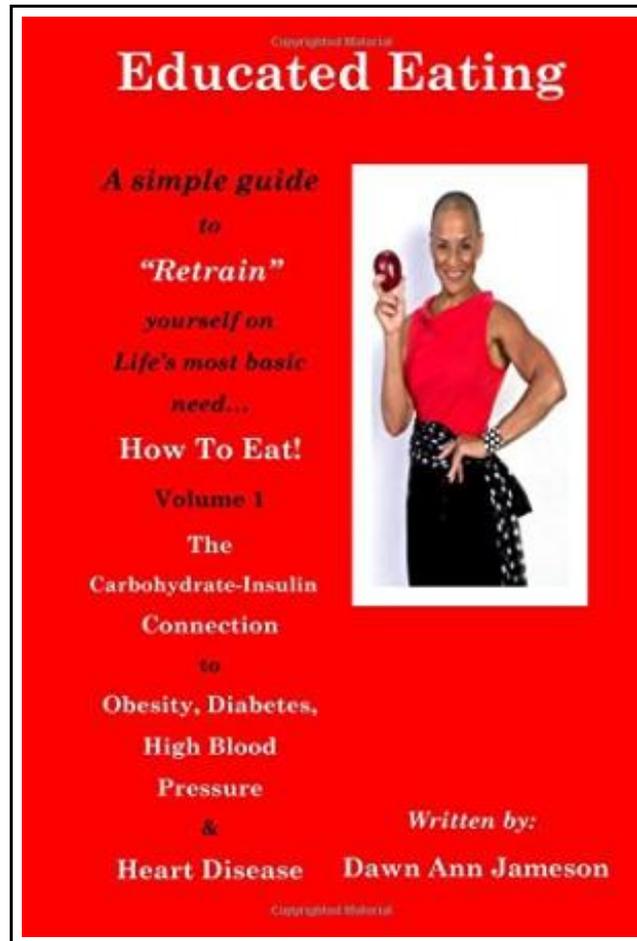


# Educated Eating: A Simple Guide to Retrain Yourself on Life's Most Basic Need. How to Eat! Volume 1 the Carbohydrate-Insulin Connection to Obesity, Diabetes, High Blood Pressure, Heart Disease



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## ***Reviews***

*Complete guide for publication enthusiasts. I have read and i am sure that i will going to study again once again in the future. Your way of life period will be transform once you total looking over this publication.*

*(Shayne O'Conner)*

## **EDUCATED EATING: A SIMPLE GUIDE TO RETRAIN YOURSELF ON LIFE S MOST BASIC NEED. HOW TO EAT! VOLUME 1 THE CARBOHYDRATE-INSULIN CONNECTION TO OBESITY, DIABETES, HIGH BLOOD PRESSURE, HEART DISEASE**

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Obesity, Diabetes, High Blood Pressure, and Heart Disease have reached epidemic levels. Most people are overworked, overwhelmed and on the Merry-Go-Round of Sick Care. One of the main reasons for the high levels of disease is people are just not making the connection between carbohydrates (sugar) and insulin (a hormone). Carbohydrates are just different forms of sugar and include vegetables, beans, peas, grains, and fruit. Dietary carbohydrates are NOT Essential to human health as long as you are eating sufficient protein and fat yet the guidance we are given is to consume large amounts. It s not that carbohydrates are bad or should not be eaten, but excess carbohydrates can cause excess insulin production in the body and lead to high levels of inflammation and disease. The ground work for rethinking our eating has already been laid by people like Gary Taubes, Denise Minger, Dr. David Perlmutter, Jimmy Moore, Dr. Eric Westman, Dr. William Davis, Dr. Jeff Volek, Dr. Stephen Phinney, Nina Teicholz, Dr. Jason Fung, Nora Gedgaudas, and many others. Dawn Ann Jameson believes that most people cannot identify the proteins, fats, and carbohydrates in their diet and are at a loss when it comes to how many carbohydrates they are consuming on a daily basis. So you think you re eating a healthy diet? The type of diet doesn t really matter if you don t understand the basics regarding food. Most people were never taught how to eat and never think to question the guidance that they have been given when it comes to eating. Simple questions such as what is the purpose of food? What does the human body require nutritionally...



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