



Eat, Chew, Live: 4 Revolutionary Ideas to Prevent Diabetes, Lose Weight and Enjoy Food

John Poothullil MD

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Diabetes is perhaps the fastest growing disease in the world. In the U.S. 1 in 3 adults over age 20 has high blood sugar and 1 in 4 adults over age 65 is fully diabetic. Yet, nearly every single person could avoid diabetes if they understood its real cause.

If you are overweight or concerned about getting diabetes, Eat, Chew, Live provides exactly the new science & powerful inspiration you need to prevent this serious disease from altering your life without drugs.

Eat, Chew, Live offers a revolutionary new science-based explanation of what really happens in the body to cause high blood sugar. While traditional medicine blames diabetes on "insulin resistance," Dr. Poothullil disagrees, offering systematic proof of a far better biological explanation for it. According to him, diabetes is not a hormonal disease; in fact, he demonstrates that insulin resistance is not even logical. Instead, high blood sugar and diabetes are the result of the overconsumption of grains and grain-based products that cause a normal bodily metabolism--cells burning fatty acids rather than glucose--to go haywire. This insight alone changes everything you understand about preventing diabetes--including the possibility that you can reverse your existing diabetes and halt your medications.

Eat, Chew, Live goes on to present three other revolutionary ideas to help you get in tune with your body's need for nutrition, your real hunger signals, and the causes of your overeating. You will learn how eating mindfully, chewing fully to enjoy and savor food will help you eat less, lose weight, and get control of bad eating habits.

Eat, Chew, Live is unlike other books on diabetes. There are no special diets to follow, no 3rd party eating programs, and nothing to buy, It's about learning to respect your body, reconnect with your "authentic weight," and learn to enjoy food as nutrition for your body.

Eat, Chew, Live has over 30 illustrations and 2 storyboards to explain the science visually. The entire book is printed in color.

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Donna Jost:

This Eat, Chew, Live: 4 Revolutionary Ideas to Prevent Diabetes, Lose Weight and Enjoy Food book is not really ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is definitely information inside this e-book incredible fresh, you will get information which is getting deeper you read a lot of information you will get. This kind of Eat, Chew, Live: 4 Revolutionary Ideas to Prevent Diabetes, Lose Weight and Enjoy Food without we comprehend teach the one who reading it become critical in pondering and analyzing. Don't always be worry Eat, Chew, Live: 4 Revolutionary Ideas to Prevent Diabetes, Lose Weight and Enjoy Food can bring if you are and not make your handbag space or bookshelves' become full because you can have it with your lovely laptop even cellphone. This Eat, Chew, Live: 4 Revolutionary Ideas to Prevent Diabetes, Lose Weight and Enjoy Food having great arrangement in word along with layout, so you will not feel uninterested in reading.

William Meadows:

A lot of people always spent their own free time to vacation as well as go to the outside with them family members or their friend. Do you know? Many a lot of people spent these people free time just watching TV, or playing video games all day long. If you would like try to find a new activity this is look different you can read the book. It is really fun for you personally. If you enjoy the book that you simply read you can spent all day every day to reading a book. The book Eat, Chew, Live: 4 Revolutionary Ideas to Prevent Diabetes, Lose Weight and Enjoy Food it doesn't matter what good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. Should you did not have enough space to bring this book you can buy typically the e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not very costly but this book offers high quality.

Patrick Richards:

Reading can called brain hangout, why? Because when you are reading a book specifically book entitled Eat, Chew, Live: 4 Revolutionary Ideas to Prevent Diabetes, Lose Weight and Enjoy Food your head will drift away trough every dimension, wandering in each and every aspect that maybe unknown for but surely will become your mind friends. Imaging just about every word written in a publication then become one application form conclusion and explanation that maybe you never get prior to. The Eat, Chew, Live: 4 Revolutionary Ideas to Prevent Diabetes, Lose Weight and Enjoy Food giving you one more experience more than blown away your head but also giving you useful facts for your better life with this era. So now let us show you the relaxing pattern here is your body and mind will be pleased when you are finished studying it, like winning a game. Do you want to try this extraordinary spending spare time activity?

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