



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

By Dawn Ann Jameson

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...



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