

What State Do You Live In?: The Consequences of Obesity

Jerrod P. Libonati MS RD

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WHAT STATE DO YOU LIVE IN?

*THE CONSEQUENCES OF OBESITY
REVISED EDITION*

*SIX LEVELS OF PROVEN FOOD STRATEGIES
TO REVERSE AND MANAGE INSULIN RESISTANCE*

JERROD P. LIBONATI, MS, RD

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Jerrod P. Libonati MS RD : What State Do You Live In?: The Consequences of Obesity before purchasing it in order to gage whether or not it would be worth my time, and all praised What State Do You Live In?: The Consequences of Obesity:

What State Do You Live In explains the events that take place in your body if you lose control over your weight. Tens of millions of adult Americans suffer from weight related chronic disease states including pre-diabetes, high blood pressure, abnormal blood cholesterol, the metabolic syndrome, and type II diabetes. If you are overweight and suffer

from high blood glucose, you're suffering from insulin resistance and need to read this story. *What State Do You Live In* begins with you in the normal state, when insulin is in complete control over blood glucose and blood fat levels. It progresses into the insulin resistant state which describes in detail the events that stem from weight related insulin resistance including elevated triglycerides, high blood pressure, unhealthy cholesterol, the metabolic syndrome, and type II diabetes. *What State Do You live In* is different from other books. It provides you with realistic expectations. It does not suggest pills, supplements, or any other form of synthetic nutrition as a means to reverse faulty nutrition. It does offer you more than a single solution to begin reversing the insulin resistant state, including the lower carbohydrate approach to improve high blood glucose. *What State Do You Live In* provides you with five different levels of food strategies to put you back in control of your blood glucose. Don't ignore high blood glucose, if left untreated, the consequences are life threatening.