

How to Take Immediate Control of Your Diabetes Health So You Can Gain Energy, Improve Your Quality of Life, and Reduce or Eliminate Your Meds

Which food groups enable you to eat more and weigh less?

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

Why do refined carbohydrate-rich foods cause insulin resistance?

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

Explain why excess dietary fat causes insulin resistance.

| |
|-------|
| <hr/> |
| <hr/> |
| <hr/> |
| <hr/> |