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diabetes, metabolic
syndrome. He outlines the
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goes high the more insulin
you make to dump the excess
blood sugar into storage as
fat. If you are doing this

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fat. If you are doing this
day in, day out the body
becomes insensitive to
insulin

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Patrick Holford has used
this program to help many
clients reverse diabetes,
lose weight and change their
health.

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~~Review~~

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