



Blood Sugar Blues

**OVERCOMING THE HIDDEN DANGERS OF
INSULIN RESISTANCE**

THE SURPRISING LINK BETWEEN
STARCHES AND SUGARS AND:

HIGH BLOOD PRESSURE

HEART DISEASE

HIGH CHOLESTEROL

DIABETES

MULTIPLE SCLEROSIS

ARTHRITIS

AND MORE!

Miryam Ehrlich Williamson

FOREWORD BY R. PAUL ST. AMAND, M.D.

Blood Sugar Blues

Lingsheng Yao



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