



I'm not robot



I am not robot!

Unless we recognize it and take steps to reverse the trend, major chronic diseases will be even more widespread. In *Why We Get Sick*, Benjamin Bikman unpacks the root cause of modern diseases and provides a concise road map to help you regain or maintain your health. "Robb Wolf, New York Times and Wall Street Journal bestselling author "This book is a unique, rigorous contribution to understanding insulin resistance as an underlying cause of chronic before the diagnosis is made. As Dr. Benjamin Bikman explains in *Why We Get Sick*, we need to be looking at insulin; insulin resistance is a precursor to diabetes and is implicated in many other conditions. Unless we recognize it and take steps to reverse the trend, major chronic diseases will be even more widespread. In *Why We Get Sick*, internationally renowned scientist and pathophysiology professor Benjamin Bikman explores why insulin resistance has become so prevalent and why it matters. Unless we recognize it and take steps to reverse the trend, major chronic diseases will be even more widespread. In *Why We Get Sick*, internationally renowned scientist and pathophysiology professor Benjamin Bikman explores why insulin resistance has become so prevalent and why it matters. Unless Dr. Bikman presents not only an In *Why We Get Sick*, internationally renowned scientist and pathophysiology professor Benjamin Bikman explores why insulin resistance has become so prevalent and why it matters. In *Why We Get Sick*, internationally renowned scientist and pathophysiology professor Benjamin Bikman explores why insulin resistance has become so prevalent and why it matters. Missing: pdf A scientist reveals the groundbreaking evidence linking many major diseases, including cancer, diabetes, and Alzheimer's disease, to a common root cause—insulin. Missing: pdf In *Why We Get Sick*, Benjamin Bikman unpacks the root cause of modern diseases and provides a concise road map to help you regain or maintain your health." A scientist reveals the groundbreaking evidence linking many major diseases, including cancer, diabetes, and Alzheimer's disease, to a common root cause—insulin. Why We Get Sick: The Hidden Epidemic at the Root of Most Chronic Disease--and How to Fight It by Bikman, Benjamin ISBN ISBN Ben Bella Books Softcover internationally renowned scientist and pathophysiology professor Benjamin Bikman explores why insulin resistance has In *Why We Get Sick*, internationally renowned scientist and pathophysiology Professor Benjamin Bikman explores why insulin resistance has become so prevalent and why it matters. But reversing insulin resistance is possible, and Bikman "Thoroughly researched and extensively documented, *Why We Get Sick* is a comprehensive and indispensable primer on insulin resistance and how it affects virtually every system in the body. Unless we recognize it and take steps to reverse the trend, major chronic diseases will be even more widespread. *Why We Get Sick* connects the dots between insulin resistance and problems of the head. In *Why We Get Sick*, Benjamin Bikman unpacks the root cause of modern diseases and provides a concise road map to help you regain or maintain your health." —Robb Wolf, New York Times and Wall Street Journal bestselling author "This book is a unique, rigorous contribution to understanding insulin resistance as an underlying cause of chronic. In *Why We Get Sick*, internationally renowned scientist and pathophysiology professor Benjamin Bikman explores why insulin resistance has become so prevalent and why it matters.