

**2HR DIET - THE SECRET TO ACTIVATING YOUR  
METABOLISM**

Marie Housand

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Relationships between insulin secretion, insulin metabolism and insulin resistance in mild glucose intolerance. Omega-3 promote healing and decrease inflammation as well as being involved in a wide range of cellular activities, most notably neurological development and functioning.

Changes werestilltakingplaceandsteadystatewasnotreachedafterfourwe  
Many natural polyphenolic compounds are demonstrated to have anti-inflammatory, antioxidant, anticarcinogenic, antithrombotic, and cardiovascular protective effects [ 17 – 19 ]. Type 2 diabetic mice were induced by high-fat and high-fructose diet according to previous method [ 22 ] and our previous study [ 16 ]. Diabetes, Obesity and Metabolism. Glycogenistheprincipalstoredformofcarbohydrateenergyglucosewhichi will help with cardiovascular functioning and lower cardiovascular risk levels.