



Syndrome W: A Woman's Guide to Reversing Midlife Weight Gain

Harriette Mogul

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Harriette Mogul explains that this unfortunate weight gain, which impacts millions of women, does not have to be a permanent condition. With clear and understanding language, she illustrates that the added pounds are actually a symptom of insulin resistance. With a low dose of medication and a modified low-carb diet, it can be treated.

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