

## Lifestyle And Diet Management For Insulin Resistan FREE Download

### Insulin Resistance Syndrome (Metabolic Syndrome) Symptoms ...

Insulin resistance syndrome, or metabolic syndrome, increases your risk of diabetes and early heart disease. Find out more from WebMD.

<http://www.webmd.com/diabetes/type-2-diabetes-guide/insulin-resistance-syndrome>

### The Link Between Sleep and Diabetes - WebMD

Continued The Link Between Lack of Sleep and Weight. Some studies show that people who get less sleep tend to be heavier than those who sleep well, Mahowald says.

<http://www.webmd.com/sleep-disorders/features/diabetes-lack-of-sleep>

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