

Brian Chans Origami Gallery

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World's Best Origami Nick Robinson 2010-11-02 Join the fold and discover this timeless art form. World's Best Origami is an amazing collection of more than 100 of the most unusual and best-loved origami patterns ever created. Expert origami artist Nick Robinson has collected traditional origami patterns as well as his own pieces and those from some of the greatest origami artists in the world - many in print here for the first time ever. ? More than 100 pieces-the most comprehensive origami book on the market ?Projects rated from beginner to advanced and include everything from boxes, containers, geometrics, and abstracts to figures, birds, animals, and flowers, and more-this unique volume has something for everyone at every skill level ?Each diagram clearly displayed with easy-to-understand instructions ?The only book to include the works of several masters of the craft, including Edwin Corrie and Francesco Guarnieri, as well as the author

Universal Principles of Art John A Parks 2014-11-15 A follow-up to Rockport Publishers' best-selling Universal Principles of Design, a new volume will present one hundred principles, fundamental ideas and approaches to making art, that will guide, challenge and inspire any artist to make better, more focused art.Universal Principles of Art serves as a wealth of prompts, hints, insights and roadmaps that will open a world of possibilities and provide invaluable keys to both understanding art works and generating new ones. Respected artist John A. Parks will explore principles that involve both techniques and concepts in art-making, covering everything from the idea of beauty to glazing techniques to geometric ideas in composition to minimalist ideology. Techniques are simple, direct and easily followed by any artist at any level. This incredibly detailed reference book is the standard for artists, historians, educators, professionals and students who seek to broaden and improve their art expertise.

Folding the Universe Peter Engel 1989 An artfully designed and illustrated guide offers an in-depth essay on the history origami and its mathematical, spatial, and creative properties, and instructions for making a kangaroo with joey, a knight on horseback, and other wonders

Origamido Michael G. LaFosse 2000 This book showcases the finest examples of origami art from around the world. Several diagrams are included that reveal the secrets behind some of the masters' most famous pieces.

Personal Fabrication Patrick Baudisch 2017-05-08 While fabrication technologies have been in use in industry for several decades, expiring patents have recently allowed the technology to spill over to technology-enthusiastic "makers." Personal Fabrication looks at the massive, disruptive changes that are likely to be seen in interactive computing, as well as to computing as a whole. It discusses six main challenges that need to be addressed for this change to take place, and explains researchers in HCI will play a key role in tackling these challenges.

Black & Decker Carpentry Made Simple Brad Holden 2018-08-28 Featuring 23 complete home furnishing plans presented with simple, graphic photos and illustrations, BLACK+DECKER Carpentry Made Simple is an interactive introduction to home carpentry: with great designs. Each carefully selected project contains lessons and valuable tips on skill building and design to help you improve as a DIYer, as you simultaneously create lovely, modern, and even elegant chairs, benches, shelves, cabinets and lots more just pennies on the dollar versus shopping in trendy boutiques. Carpentry Made Simple is a nonstop carpentry ride that will impress you with the quality and diversity of the information it shares. The 20+ projects have complete plans, detail photos, and clear assembly instructions. Each project also highlights a skill, tool, or technique that will add a new dimension to your skill set. And not only will completing these projects sharpen your skills, but you will love the projects themselves. The design styles range from modern, to Euro, to industrial, with all of the major furnishing categories represented. When friends and visitors see the subtly beautiful contemporary furniture that you built yourself, you will realize just how satisfying it is to be your own home carpenter.

Origami Tessellations Eric Gjerde 2018-08-23 Eric Gjerde demonstrates 25 of his favorite tessellations and turns them into projects for newcomers as well as experienced origamists. With step-by-step instructions, illustrated crease patterns, and how-to photos, you'll learn to create these wonderful designs yourself. Eric's first book covers the fundamentals of origami tessellations, provides history, and describes simple beginning techniques with detailed illustrations and photographs. An extensive gallery showcases tessellations folded by the world's leading origami fine artists--inspiring you to experiment, innovate, and eventually create your own unique designs.

Origami Animals Robert J. Lang 1992 A detailed step-by-step guide to the ancient art of paper folding shows how to create the classic origami animals, as well as entire bird mobiles and holiday ornaments.

Paper Crystals Consultant Oral and Maxillofacial Surgeon Honorary Consultant and Senior Clinical Lecturer David Mitchell 2012-06 Paper Crystals are enchanting sculptures made from simple units folded from ordinary paper which lock firmly together without any need for sticky tape or glue. Paper Crystals are enchanting to look at, fascinating to make, and seem to have the ability to focus harmony and peace wherever they are displayed, making them ideal ornaments for your home or workplace and perfect gifts to share with your friends. Everything you need to know is explained in pictures and words in the clearest detail. This fully revised and much expanded Second Edition is a must for the collection of every origami aficionado but will also appeal to those who are interested in partnership art.

Star Wars Origami 2012-08-07 Kids love origami—and what could be cooler than transforming a piece of paper into Boba Fett, Princess Leia, Yoda, or R2-D2? And not just any paper, but custom-designed paper illustrated with art from the movies. Star Wars® Origami marries the fun of paper folding with the obsession of Star Wars. Like The Joy of Origami and Origami on the Go, this book puts an original spin on an ancient art. And like Star Wars® Scanimation® and Star Wars® Fandex®, it's a fresh take on Star Wars mania. Chris Alexander is a master folder and founder of the popular website StarWarsOrigami.com, and here are 36 models, clearly explained, that range in difficulty from Youngling (easy) to Padawan (medium), Jedi Knight (difficult), and Jedi Master (tricky!). A front section introduces origami definitions and basic folds. Bound in the back is the book's unique folding paper, two sheets for each figure. Illustrated with original art, it makes each creation—the essential lightsabers, the Death Star, and much more—true to the movies. Star Wars Origami includes a foreword by Tom Angleberger, author of the New York Times bestsellers The Strange Case of Origami Yoda and Darth Paper Strikes Back, and is scheduled to be published at the same time as Angleberger's upcoming book, The Secret of the Fortune Wookiee.

Extreme Origami Won Park 2012-10-15 Won Park has taken the ancient art of origami to a whole new level. Using American currency, Park transforms dollar bills into creative works of art. He relies on the fibrous quality of the paper to fold, bend and twist hundreds of times per model without tearing. With no cutting and no pasting, Park is able to incorporate the details on the bills into his model designs. His signature koi fish is folded in such a way that the patterns on the dollar bill become the scales on the fish, and even the facial features fall in exactly the right place. His designs include a wide array of vehicles, animals, and mythical creatures. In this book, step-by-step instructions are provided for 20 distinct models that are bound to challenge even the most proficient folders. The challenge includes a Formula 1 race car, a toilet, a butterfly, a koi fish, a scorpion, a sea turtle, a fox, an ox, a marlin, a car, a praying mantis, a dragon, a spider, a stag beetle, a stegosaurus, a bat, Pegasus, a fighter jet, a battle tank, and a pig. All models can be made with either one or two dollar bills. Why worry about the declining value of the U.S. dollar? Follow the instructions in this book, and you can transform your dollars into works of art!

Genuine Origami Jun Maekawa 2008-11 Contains illustrated instructions for creating forty-three mathematically-based origami models.

Origami Design Secrets Robert J. Lang 2011-10-05 The magnum opus of one of the world's leading origami artists, the second edition of Origami Design Secrets reveals the underlying concepts of origami and how to create original origami designs. Containing step-by-step instructions for 26 models, this book is not just an origami cookbook or list of instructions—it introduces the fundamental building blocks of origami, building up to advanced methods such as the combination of uniaxial bases, the circle/river method, and tree theory. With corrections and improved illustrations, this new expanded edition also covers uniaxial box pleating, introduces the new design technique of hex pleating, and describes methods of generalizing polygon packing to arbitrary angles. With coverage spanning the foundations of origami construction and advanced methods using both paper and pencil and custom-built free software, Origami Design Secrets helps readers cultivate the intuition and skills necessary to develop their own designs. It takes them beyond merely following a recipe to crafting a work of art.

Origami Sea Life John Montroll 1991-01-01 In Origami Sea Life, John Montroll and Robert J. Lang have collaborated to produce a truly elegant work. The pages of this book contain some of the most creative origami published to date. Each project is accompanied by a biological sketch of the animal to enhance the visual description. There are 38 models in all ranging from the lowly barnacle to the mighty whale. in between are to be found a cuttlefish, angelfish, lionfish, and fiddler crab, to name but a few of the unusual origami projects presented. Each project is illustrated with step-by-step instructions, utilizing the unique folds which make each of these animals so lifelike. Beginner and expert alike will find hours of creative fun in these pages. Origami Sea Life also includes a summary of the history of origami sea life. Information on types of paper and the technique of wet folding make this book indispensible for all those with an interest in papercraft.

Duct Tape Forest Walker Davis 2015-04-01 Move beyond the wallet with an inspiring collection of exciting duct tape projects! Duct Tape introduces the simple but versatile material and offers 101 creative projects to make. Each project is fully illustrated and contains easy-to-follow instructions for creating inexpensive craft projects of the utmost quality and aesthetic. Sturdy and resistant, and with a myriad of interesting colors and patterns, duct tape is fast becoming a perfect crafting, home and DIY material. The Tape Guy, Forest Walker Davis, helps you to create more than mere embellishments! Try making frames, bags, flowers, clothes and bow ties. These projects are just the beginning. Durable and safe to use almost anywhere, Duct Tape projects are great fun for crafters of any age!

Origami Made Simple Russell Wood 2020-04-14 Spark a lifetime of creativity with a few sheets of paper! Discover the art of paper folding with Origami Made Simple. Featuring 40 classic and original origami models, complete with detailed diagrams and written instructions for every step, it's the fastest way for you to start creating eye-catching paper sculptures. If you're new to origami, the iconic yet approachable designs in this book are a great way to hone your skills--and have a blast doing it. Start with straightforward models that take 10 steps or less and work your way up to more complex creations. No matter the level of difficulty, every model is diagrammed for ease of use, with tricky folds highlighted and broken down into multiple steps. This origami book includes: Classic and contemporary--Try your hand at recognizable models, like Crane and Sailboat, as well as original designs, like Cobra and Teapot. Tips and techniques--Pay attention to tips that help you select the right paper, work through tough steps, and add your own creative twist. Symbol glossary--Find a comprehensive guide to standard origami symbols, as well as helpful info on how to read origami diagrams. Fold up some fun with Origami Made Simple!

Origami Pop-Ups Jeremy Shafer 2013-12 In Origami Pop-Ups Jeremy Shafer dives into the world of one piece pop-up cards where card and subject are folded from the same sheet of paper, no cutting or gluing. Filled with clear step-by-step instructions for how to fold each model, as well as comedy routines for performing them in front of audiences, these models will entertain not only origamists, but their family and friends too!

Origami Sculptures John Montroll 1990-01-01 Contains a collection of Montroll's best paper folding with the modern advances of computer graphics.

Beasts from Bricks Ekow Nimako 2017-08-29 Make your LEGO constructions come alive with Beasts from Bricks! LEGO bricks have fueled the imaginations of aspiring designers and builders for generations. In Beasts from Bricks, LEGO artist and designer Ekow Nimako shows that the popular and iconic toy has an unexpected and innovative use: to re-create nature's fauna in stunning detail. The book presents illustrated step-by-step instructions for building 15 animals from around the world: Africa, Europe, Asia, Antarctica, Oceania, Central/South America, the Caribbean, and North America. Each set of instructions includes entertaining and educational information about the animal's characteristics and habitat. Also included is a bonus gallery of Nimako's more complex, large-scale animal designs.

Beautiful Trouble Andrew Boyd 2013-05-01 Banksy, the Yes Men, Gandhi, Starhawk: the accumulated wisdom of decades of creative protest is now in the hands of the next generation of change-makers, thanks to Beautiful Trouble. Sophisticated enough for veteran activists, accessible enough for newbies, this compact pocket edition of the bestselling Beautiful Trouble is a book that's both handy and inexpensive. Showcasing the synergies between artistic imagination and shrewd political strategy, this generously illustrated volume can easily be slipped into your pocket as you head out to the streets. This is for everyone who longs for a more beautiful, more just, more livable world – and wants to know how to get there. Includes a new introduction by the editors. Contributors include: Celia Alario • Andy Bichlbaum • Nadine Bloch • L. M. Bogad • Mike Bonnano • Andrew Boyd • Kevin Buckland • Doyle Canning • Samantha Corbin • Stephen Duncombe • Simon Enoch • Janice Fine • Lisa Fithian • Arun Gupta • Sarah Jaffe • John Jordan • Stephen Lerner • Zack Malitz • Nancy L. Mancias • Dave Oswald Mitchell • Tracey Mitchell • Mark Read • Patrick Reinsborough • Joshua Kahn Russell • Nathan Schneider • John Sellers • Matthew Skomarovsky • Jonathan Matthew Smucker • Starhawk • Eric Stoner • Harsha Walia

Sea Creatures in Origami John Montroll 2011 Shows how to fold paper to create fish and other sea creasures, offering twenty-four models, ranging from intermediate to complex, with explanations for representing scales, fins, gills, and other

distinctive characteristics.

Christmas Origami John Montroll 2006 Simple directions and clearly detailed diagrams for making more than 42 projects, from easy to complex. Includes origami candles, stockings, bells, stars, and other traditional tree ornaments; a paper train; a Nativity scene with Mary, the Wise Men, and Baby Jesus, and a winter wonderland with Santa, a sleigh, and reindeer.

Animals Out of Paper Rajiv Joseph 2009 THE STORY: When a world-renowned origami artist opens her studio to a teenage prodigy and his school teacher, she discovers that life and love can't be arranged neatly in this drama about finding the perfect fold.

Origami Masters Bugs 2013-09-15 Presents instructions for creating twelve bug models from some of the biggest names in modern origami, in a tribute to the "Bug Wars" of the 1980s and 1990s that saw top folders compete to create complex origami figures.

Incantations Ambar Past 2014-01-01 This book of poems and stark, vivid illustrations is rooted in the female soul of indigenous Mexico. The Tzotzil women of the Chiapas Highlands are the poets and the artists. Ambar Past, who collected the poems and drawings, includes a moving essay about their poetics, beliefs, and history. In the 1970s, living among the Maya, Past watched the people endure as an epidemic swept through a village. No help came. Many children died. One mother offered her dead child a last sip of Coca-Cola and uttered a prayer: Take this sweet dew from the earth, take this honey. It will help you on your way. It will give you strength on your path. Incantations like this—poems about birth, love, hate, sex, despair, and death—coupled with primitive illustrations, provide a compelling insight into the psychology of these Mayan women poets. The Cinco Puntos edition of Incantations is a facsimile of the original handmade edition produced by the Taller Leñateros. It was reviewed in The New York Times. At the age of twenty-three, Ambar Past left the United States for Mexico. She lived among the Mayan people, teaching the techniques of native dyes and learning to speak Tzotzil. She is the creator of the graphic arts collective Taller Leñateros in Chiapas and was a founding member of Sna Jolobil, a weaving cooperative for Mayan artisans.

Folding Paper Meher McArthur 2013-08-06 This beautiful origami art book is a collection of the best contemporary pieces from some of the worlds most renowned papercraft artists. Thanks to pioneering masters such as Dr. Robert J. Lang, origami has transcended its humble roots as a traditional Japanese papercraft to take its place among the global fine arts. In Folding Paper: The Infinite Possibilities of Origami, Dr. Lang and Asian art curator Meher McArthur chronicle origami's remarkable evolution and showcases the widespread applications of paper folding solutions in the fields of contemporary mathematics, engineering, design, and the international peace movement. Based around a groundbreaking museum show by the same name, *Folding Paper* features the work of more than forty leading origami artists from around the world. It traces the development of paper folding in both the East and the West, recognizing the global influences *Ōshichi Mutsu Eihonpalapetecard176Ōshichi Mutsu Eihonpalapetecard176* origami is a sophisticated fine art form consisting of many different styles, from representational to geometric, abstract, and even conceptual. It has become a symbol of peace, an inspiration for engineers, and a conduit for scientific advancement. Featured origami artists include: Brian Chan Erik Joisel Erik and Martin Demaine Tomoko Fuse Daniel Kwan Michael LaFosse Jeannine Moseley Akira Yoshizawa Combining Dr. Lang's and McArthur's illuminating narrative history with lavish color photographs of more than sixty breathtaking works—from Joel Cooper's haunting Cyrus mask to Linda Tomoko Mihara's delicate Crane Cube to Eric Joisel's lifelike Pangolin model—Folding Paper is an enthralling introduction to the contemporary art of paper folding.

Origami Insects and Their Kin Robert J. Lang 1995-06-20 Noted origamist presents step-by-step instructions and diagrams for 20 challenging projects: treehopper, spotted ladybug, orb weaver, tarantula, butterfly, grasshopper, dragonfly, praying mantis, more. Intermediate to advanced level.

Nintendo 2018-10-23 Power Up! Super Mario Bros. Encyclopedia: The Official Guide to the First 30 Years is jam-packed with content from all seventeen Super Mario games--from the original Super Mario Bros. to Super Mario 3D World. Track the evolution of the Goomba, witness the introduction of Yoshi, and relive your favorite levels. This tome also contains an interview with producer Takashi Tezuka, tips to help you find every coin, star, sun, and mushroom--even explanations of glitches! With information on enemies, items, obstacles, and worlds from over thirty years of Mario, Super Mario Bros. Encyclopedia is the definitive resource for everything Super Mario!

Origami Zoo Robert J. Lang 1990-06-15 Presents instructions for creating a variety of origami animals.

Mythological Creatures and the Chinese Zodiac in Origami John Montroll 1996-01-01 Presents illustrated, step-by-step instructions for creating the twelve animals of the Chinese zodiac and a variety of mythological creatures in origami. **Project Origami** Thomas Hull 2012-12-21 Project Origami: Activities for Exploring Mathematics, Second Edition presents a flexible, discovery-based approach to learning origami-math topics. It helps readers see how origami intersects a variety of mathematical topics, from the more obvious realm of geometry to the fields of algebra, number theory, and combinatorics. With over 100 new pages, this updated and expanded edition now includes 30 activities and offers better solutions and teaching tips for all activities. The book contains detailed plans for 30 hands-on, scalable origami activities. Each activity lists courses in which the activity might fit, includes handouts for classroom use, and provides notes for *Ōshichi Mutsu Eihonpalapetecard176* solutions, how the handouts can be used, and other pedagogical suggestions. The handouts are also available on the book's CRC Press web page. Reflecting feedback from teachers and students who have used the book, this classroom-tested text provides an easy and entertaining way for teachers to incorporate origami into a range of college and advanced high school math courses. Visit the author's website for more information.

Origami Step by Step Robert Harbin 1998 Instructions and diagrams for fashioning such simple objects as a flower, Japanese box, and church as well as more challenging projects such as a squirrel on a log, birds in a nest, a unicorn, and a full-rigged sailing ship. Over 30 entertaining projects for origami fans of all ages and abilities.

Origami Worldwide John Montroll 2011-09-15 Origami goes global with 33 models by designers from more than 15 countries, including Australia, Hungary, Bolivia, China, India, and more. Figures range from simple to moderately difficult and include a frog, ocean liner, penguin, hot air balloon, dragon, and kangaroo. Notes on each model include comments on individual styles and methods of paperfolding.

Michael G. LaFosse 2008-11-15 Origami Art is a unique new collection of origami projects featuring folding instructions for 15 complex origami models. Intricate, compelling and often lifelike, LaFosse's origami projects amaze and astound. Included here are such wonders as the American Alligator, Pond Turtles, Monk Seal, Malaysian Birdwing Butterfly and the Munich Orchid, among others. Also featured are articles on paper selection and preparation for each project; advanced techniques, such as "wetfolding" and compound origami plant design and construction. LaFosse embraces every aspect of this fascinating art form in his newest book and presents it brilliantly for advanced paper folders and the artist in us all.

Dragons, Witches, and Other Fantasy Creatures in Origami Mario Adrados Netto 2005 Diagrams and folding instructions for 24 devilishly delightful creatures -- everything from a troll (23 steps) to a high-flying witch on a broomstick (141 steps).

Marvelous Modular Origami Meenakshi Mukerji 2020-03-27 This richly illustrated book provides step-by-step instructions for the construction of over 30 different modular origami structures. The author describes basic folding techniques *Origami for dummies* modules" that are used as building blocks to construct complex ornamental models. The diagrams are clear, crisp, and easy to follow, and are accompanied by inspiring color photographs. Additional tips encourage the reader to design their own original creations. Advance Praise for Marvelous Modular Origami "A must-have for any modular origami polyhedra enthusiast." -Rona Gurkewitz, co-author of Multimodular Origami Polyhedra "The models are paper folding in its purest form. They range from simple Sonobe to floral and geometrical constructions. All are eye-catching and satisfying to fold, and the finished constructions are pleasing to behold. Also included are short sections on the mathematics behind the shapes and optimum color choices." *David Petty, author of Origami A-B-C "In this colorful book, you'll find wonderful original origami modular creations. Meenakshi's clear instructions and helpful hints will have you zipping through these modules as well as improvising your own." -Rachel Katz, co-author of FUN FOLDS: Language Learning Through Paper Folding "Marvelous Modular Origami is a colorful addition to the literature of mathematical origami." -Florence Temko, author of many origami and other craft books

Kunihiko Kasahara 1998-09-30 Here at last is an origami book intended solely for the advanced paperfolder. Groundbreaking in concept and challenging in content, it presents sixty-five ingenious projects by respected masters working in a variety of themes and origami genres. From Toshikazu Kawasaki's Unique Iso-area Folding Method to David Briil's remarkable bottle to Peter Engel's playful kangaroo, the featured designs have been carefully chosen to test the refined sensibilities and stimulate the artistic appetites of the origami devotee. If you are an accomplished paperfolder you will be inspired by the beauty and logic of the geometric form as discovered in such designs as Hourglass, Rotating Tetrahedon, Brain Ticklers, and Extraterrestrial Being. You will delight in the wit and poetry of representational origami as you create delicate and winsome patterns for Kitten, Goose, Pelican, Giraffe, Camellia, Spiral Snail Shell, Ground Beetle, Pine Cone, Fox, and many more designs. What's more, you will find the key to successfully mastering numerous intricate techniques and complex paper fold...with ease! This is no ordinary origami workbook. Complicated processes are made highly accessible-yet remain daring-through clear, concise instructions and highly detailed diagrams. One of the unexpected joys of the book is that its mentally invigorating text will serve as an ongoing inspiration to novel approaches and new origami adventures - even after you have completed a project.

Trash Origami Michael G. LaFosse 2012-07-10 Make fun and functional origami out of your spare paper with this easy origami book. Don't dump your wastepaper into the garbage—it's time to fold! World renowned origami artists and award-winning authors Michael G. LaFosse and Richard L. Alexander show you the way with Trash Origami. This origami book presents unique and fun projects from their Origamido Studio and from some of the world's best paper designers, including Nick Robinson, Herman Van Goubergen, and Rona Gurkewitz. The origami models are presented for the reader who may have little or no previous folding experience, making it a great origami-for-kids book and an effective way to learn origami. However, experienced paper folders will also be intrigued by the novel nature of the folds and the unusual materials involved. The origami designs are made from old calendar pages, candy wrappers, envelopes, newspaper, postcards, paper grocery bags and more. The downloadable video tutorial will make the folding process clearer and aid folders of all skill levels. Also provided is a guide to everyday materials that have the most folding potential leaving readers inspired to design and display their very own "trash" origami. This origami book features: Full-color, 95 page instructional book 25 unique origami projects Projects from top paper folding designers Clear, step-by-step directions Paper folding techniques and tips Accompanying downloadable instructional video Get ready to look at the contents of your wastebaskets and recycling bins with a different sensibility. You'll never need to buy expensive origami paper again! Origami projects include: Photo Cubes Candy Wrapper Butterflies Interlocking Flower Petals Custom-Bound Books And many more...

Comida Cubana Marcella Kriebel 2017-11-21 Part travel guide, part cookbook, be amazed by a lush portrait of Cuba, from coast-to-coast, and fall in love with a collection of authentic Cuban recipes. In her debut book, Mi Comida Latina, Marcella Kriebel created a new type of cookbook. It combined vivid watercolors with the culinary traditions of Mexico, Peru, Ecuador, Colombia, and Puerto Rico. Now, Marcella returns with a new collection of recipes that span the country of Cuba from coast to coast. Travel the island and discover the Cuban take on classic dishes like empanadas as well as unique Cuban recipes like Bacán(plantain and crab steamed in banana leaves) Calañ(traditional greens stew), and Pastelitos de Guayaba(puff pastries with guava paste). Learn about the country's food culture and ingredients through interviews and local stories, then complete the experience with an authentic Cuban cocktail or a post-meal café on leche. There's no need to wait, grab a plate straight from the island now!

The Insulin Resistance Solution Rob Thompson 2016-01-01 Defeat your Insulin Resistance and change your life with an easy-to-follow plan and 75 recipes for a healthier you. It's proven that a healthy lifestyle can dramatically reduce your chances of diabetes, heart disease, and other illnesses. But where should you start? Americans are slowly becoming ill from impaired glucose metabolism that manifests itself as a debilitating illness or chronic condition. You may try to manage one problem after anotherâ€ diuretics to treat blood pressure, statins to lower cholesterol, metformin and insulin to treat diabetes--without fully realizing that the root of these issues is insulin resistance which revs up inflammation, damages the immune system, and disrupts the whole hormonal/chemical system in the body. It's time to feel better and get healthy by following a simple step-by-step plan to a healthy lifestyle. Rob Thompson, MD and Dana Carpenter create the ultimate dream team in your journey to wellness. The Insulin Resistance Solution offers a step-by-step plan and 75 recipes for reversing even the most stubborn insulin resistance. The Program: - Reduce Your Body's Demand for Insulin: This is the stumbling block of many other plans/doctor recommendations. Even "healthy" and "moderate" carb intake can continue to fuel insulin resistance. - Fat is Not the Enemy: Stop Worrying about Fat, Cholesterol, and Salt - Exercise--the RIGHT way: - Use Carb Blockers: Eat and Supplement to Slow Glucose Digestion and Lower Insulin Levels - Safe, Effective Medication