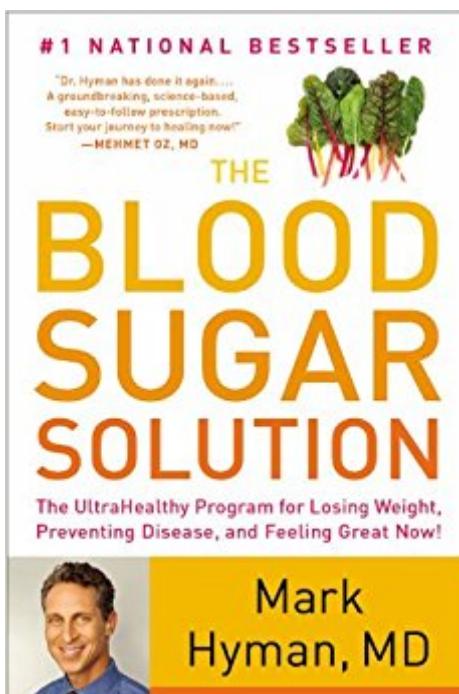


The book was found

The Blood Sugar Solution: The UltraHealthy Program For Losing Weight, Preventing Disease, And Feeling Great Now!



Synopsis

In THE BLOOD SUGAR SOLUTION, Dr. Mark Hyman reveals that the secret solution to losing weight and preventing not just diabetes but also heart disease, stroke, dementia, and cancer is balanced insulin levels. Dr. Hyman describes the seven keys to achieving wellness-nutrition, hormones, inflammation, digestion, detoxification, energy metabolism, and a calm mind-and explains his revolutionary six-week healthy-living program. With advice on diet, green living, supplements and medication, exercise, and personalizing the plan for optimal results, the book also teaches readers how to maintain lifelong health. Groundbreaking and timely, THE BLOOD SUGAR SOLUTION is the fastest way to lose weight, prevent disease, and feel better than ever.

Customer Reviews

"Dr. Hyman has done it again with a lucid description of the causes of the diabetes epidemic and a powerful treatment program. The Blood Sugar Solution is a must-read for anyone anywhere on the spectrum between mild insulin resistance and full-blown Type-2 diabetes--a groundbreaking, science-based, easy-to-follow prescription. Start your journey to healing now!"¹ Mehmet Oz, MD "With compassion and authority, Dr. Mark Hyman addresses the real driver of overeating, obesity, diabetes, heart disease, cancer, and more-insulin. Insulin imbalance, the secret killer, robs millions of a rich, joyful, happy life. If you have struggled with weight and ill health, you will find a new doorway to wellness through his solid science-based, personalized solution."² Deepak Chopra

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lower your blood sugar, and live a healthier life in 12 simple steps (Diabetes, Type 2 Diabetes, Blood Sugar, Sugar, Insulin, Fat, Diet, Unhealthy Diet, Book 5) The South Beach Diet Gluten Solution: The Delicious, Doctor-Designed, Gluten-Aware Plan for Losing Weight and Feeling Great--FAST! The High Blood Pressure Solution: A Scientifically Proven Program for Preventing Strokes and Heart Disease The High Blood Pressure Solution: A Natural Program for Preventing Strokes and Heart Disease by Moore, Richard D. 2nd (second) Revised Edition (2001) The Healthiest Diet on the Planet: Why the Foods You Love-Pizza, Pancakes, Potatoes, Pasta, and More-Are the Solution to Preventing Disease and Looking and Feeling Your Best Fresh and Healthy DASH Diet Cooking: 101 Delicious Recipes for Lowering Blood Pressure, Losing Weight and Feeling Great 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Mudras for a Strong Heart: 21 Simple Hand Gestures for Preventing, Curing & Reversing Heart Disease: [A Holistic Approach to Preventing & Curing Heart Disease] (Mudra Healing Book 8) Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book 1) Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2) Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1) The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan that Will The DASH Diet Cookbook: Quick and Delicious Recipes for Losing Weight, Preventing Diabetes, and Lowering Blood Pressure Fasting: Intermittent Fasting - The Secret To Losing Weight Fast, Permanently And Feeling Wonderful (Intermittent Fasting For Weight Loss, Intermittent Fasting For Women, 5 2 Diet)

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