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The Blood Sugar Solution 10-Day Detox Diet: Activate Your Body's Natural Ability to Burn fat and Lose Up to 10lbs in 10 Days (English Edition)



THE BLOOD SUGAR SOLUTION

10-DAY DETOX DIET

Activate Your Body's Natural Ability to
Burn Fat and Lose Up to 10lbs in 10 Days

Dr Mark Hyman

Author of the No. 1 New York Times bestseller
The Blood Sugar Solution

Par Dr Mark Hyman

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Description :

Prsentation de l'diteurDr. Hyman's revolutionary weight-loss programme, based on the #1 New York Times bestseller The Blood Sugar Solution, supercharged for immediate results.The key to losing weight and

keeping it off is maintaining low insulin levels. Based on Dr. Hyman's groundbreaking Blood Sugar Solution program, The Blood Sugar Solution 10-Day Detox Diet presents strategies for reducing insulin levels and producing fast and sustained weight loss. You can lose up to 10lbs in 10 days! In The Blood Sugar Solution 10-Day Detox Diet Dr. Hyman explains how to: activate your natural ability to burn fat - especially stubborn belly fat reduce inflammation reprogramme your metabolism shut off your fat-storing genes de-bug your digestive system create effortless appetite control and soothe the stress to shed the pounds. With convenient and practical tools such as meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice on green living, supplements, medication, exercise, and more, The Blood Sugar Solution 10-Day Detox Diet is the fastest way to lose weight, prevent disease, and feel your best. *Revue de presse* "Dr Hyman offers a 10-day energy-boosting weight loss program that will transform your health and vitality." Mehmet Oz, MD "A roadmap to a healthier body, mind and spirit. And all it takes is ten days." Arianna Huffington "The Blood Sugar Solution 10-Day Detox Diet is simple, easy to follow, and will produce amazing results. Just 10 days is all that is needed to change your body, and your brain!" Daniel G. Amen, MD, author of *Change Your Brain, Change Your Body* "The Blood Sugar Solution 10 Day Detox Diet is a life-changing book that empowers you to become your leanest, most vibrant self." JJ Virgin, author of *The Virgin Diet* "The 10-Day Detox Diet is informative and downright inspirational! Pretty much everyone will benefit from this dietary plan." Christiane Northrup, M.D., author of *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause* "Another genius book by Dr. Mark Hyman! In 10 short days you get real, practical, life-changing solutions to drop weight fast and reclaim your health." Haylie Pomroy, author of the #1 New York Times bestseller *The Fast Metabolism Diet* "The Ten-Day Detox Diet kickstarts us on the road to healing, giving us an active role in staying well. Plus, the recipes are delicious!" Daniel Goleman, author of *Emotional Intelligence* and *Focus: The Hidden Driver of Excellence* "In his book *The Blood Sugar Solution: 10-Day Detox Diet*, Dr. Hyman distills decades of clinical experience into an accessible (and tasty) prescription for health. Anyone suffering from SAD -- the Standard American Diet -- will want to read this book." David S. Ludwig, MD, PhD, Professor of Pediatrics, Harvard Medical School and author of *Ending the Food Fight* PRAISE FOR THE BLOOD SUGAR SOLUTION: "I hope Dr. Hyman's new book will inspire you as he has inspired me" President Bill Clinton "The fastest acting diet ever! Reach your dream weight with the diabetes cure." *Woman's World* "Dr. Mark Hyman makes managing your health simpler than you ever thought possible. There's no time like the present to get started. Start today!" Rick Warren "In *The Blood Sugar Solution*, Mark Hyman maps a road to health that will benefit anyone. Read it for yourself, your family, your friends. Give this book to the people you love." Daniel Goleman, author of *Emotional Intelligence* and *Focus: The Hidden Driver of Excellence* "Dr. Hyman has done it again.... A groundbreaking, science-based, easy-to-follow prescription. Start your journey to healing now!" Mehmet Oz, MD "Hyman's book is mindful, comprehensive and impeccably organized... An avalanche of vital information and advice from an enthusiastic wellness expert." *Kirkus sPrsentation de l'diteur* Dr. Hyman's revolutionary weight-loss programme, based on the #1 New York Times bestseller *The Blood Sugar Solution*, supercharged for immediate results. The key to losing weight and keeping it off is maintaining low insulin levels. Based on Dr. Hyman's groundbreaking Blood Sugar Solution program, The Blood Sugar Solution 10-Day Detox Diet presents strategies for reducing insulin levels and producing fast and sustained weight loss. You can lose up to 10lbs in 10 days! In The Blood Sugar Solution 10-Day Detox Diet Dr. Hyman explains how to: activate your natural ability to burn fat - especially stubborn belly fat reduce inflammation reprogramme your metabolism shut off your fat-storing genes de-bug your digestive system create effortless appetite control and soothe the stress to shed the pounds. With convenient and practical tools such as meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice on green living, supplements, medication, exercise, and more, The Blood Sugar Solution 10-Day Detox Diet is the fastest way to lose weight, prevent disease, and feel your best.