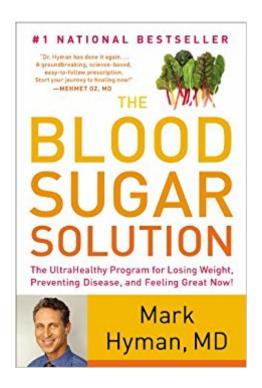


The book was found

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 diabesity 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!" \tilde{A} ¢ \hat{a} $\neg \hat{a}$ ¢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." \tilde{A} ¢ \hat{a} $\neg \hat{a}$ ¢Deepak Chopra

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