

THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET: ACTIVATE YOUR BODY'S NATURAL ABILITY TO BURN FAT AND LOSE WEIGHT FAST by Mark Hyman
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The Blood Sugar Solution 10-Day Detox Diet: Activate Your Body's Natural Ability to Burn Fat and Lose Weight Fast Dr. Hyman's revolutionary weight-loss program, 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. Dr. Hyman explains how to: activate your natural ability to burn fat--especially belly fat; reduce inflammation; reprogram 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 practical tools designed to achieve optimum wellness, including 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. ...more *The Blood Sugar Solution 10-Day Detox Diet: Activate Your Body's Natural Ability to Burn Fat and Lose Weight Fast* PDF ebook

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