



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

By Dr. Mark Hyman

Hodder Stoughton General Division, United Kingdom, 2017. Paperback. Book Condition: New. 198 x 129 mm. Language: N/A. Brand New Book. 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.



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