

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



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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



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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