

Dr. Hymans 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. Hymans 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.

The Silver Branch (The Eagle of the Ninth Trilogy), A Turma do Amendoin: Estorias para Teatro de Fantoques (Portuguese Edition), Fletchery! the Art of Making Matched Arrows (Paperback) - Common, Facts About Buddhism (World Religions), Temperatures Rising,

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