

The Blood Sugar Solution 10-Day Detox Diet Cookbook: More than 150 Recipes to Help You Lose Weight and Stay Healthy for Life

By Mark Hyman M.D.

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The Blood Sugar Solution 10-Day Detox Diet Cookbook: More than 150 Recipes to Help You Lose Weight and Stay Healthy for Life By Mark Hyman M.D.

The companion cookbook to Dr. Mark Hyman's revolutionary weight-loss program, the #1 *New York Times* bestseller *The Blood Sugar Solution 10-Day Detox Diet,* with more than 150 recipes for immediate results!

Dr. Hyman's bestselling *The Blood Sugar Solution 10-Day Detox Diet* offered readers a step-by-step guide for losing weight and reversing disease. Now Dr. Hyman shares more than 150 delicious recipes that support the 10-Day Detox Diet, so you can continue on your path to good health. With easy-to-prepare, delicious recipes for every meal - including breakfast smoothies, lunches like Waldorf Salad with Smoked Paprika, and Grass-Fed Beef Bolognese for dinner -- you can achieve fast and sustained weight loss by activating your natural ability to burn fat, reducing insulin levels and inflammation, reprogramming your metabolism, shutting off your fat-storing genes, creating effortless appetite control, and soothing stress. Your health is a life-long journey. THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET COOKBOOK helps make that journey both do-able and delicious.

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- Sales Rank: #2873 in Books
- Brand: Little Brown and Company
- Published on: 2015-03-10
- Released on: 2015-03-10
- Original language: English
- Number of items: 1
- Dimensions: 9.63" h x 1.13" w x 7.75" l, .0 pounds
- Binding: Hardcover
- 352 pages

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Editorial Review

Review
PRAISE FOR *THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET:*

"Dr Hyman offers a 10-day energy-boosting weight loss program that will transform your health and vitality."?***Mehmet Oz, MD***

"A roadmap to a healthier body, mind and spirit. And all it takes is ten days."?***Arianna Huffington***

"*The 10-Day Detox Diet* is informative and downright inspirational! Pretty much everyone will benefit from this dietary plan."?***Christiane Northrup, M.D., author of Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause***

"Another genius book by Dr. Mark Hyman! In 10 short days you get real, practical, life-changing solutions to drop weight fast and reclaim your health."?***Haylie Pomroy, author of the #1 New York Times bestseller The Fast Metabolism Diet***

"In his book *The Blood Sugar Solution: 10-Day Detox Diet*, Dr. Hyman distills decades of clinical experience into an accessible (and tasty) prescription for health. Anyone suffering from SAD -- the Standard American Diet -- will want to read this book."?***David S. Ludwig, MD, PhD, Professor of Pediatrics, Harvard Medical School and author of Ending the Food Fight***

About the Author
Mark Hyman, MD, is the Director of the Cleveland Clinic Center for Functional Medicine, the chairman of the Institute for Functional Medicine, and founder and medical director of The UltraWellness Center. He is the #1 *New York Times* bestselling author of *The Blood Sugar Solution 10-Day Detox Diet, The Blood Sugar Solution, The Blood Sugar Solution Cookbook, Ultrametabolism, The Ultramind Solution, The Ultrasimple Diet,* and coauthor of *The Daniel Plan* and *Ultraprevention*.

Users Review

From reader reviews:

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Have you spare time for just a day? What do you do when you have much more or little spare time? Yep, you can choose the suitable activity to get spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to the particular Mall. How about open as well as read a book called The Blood Sugar Solution 10-Day Detox Diet Cookbook: More than 150 Recipes to Help You Lose Weight and Stay Healthy for Life? Maybe it is to become best activity for you. You realize beside you can spend your time together with your favorite's book, you can smarter than before. Do you agree with the opinion or you have some other opinion?

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Exactly why? Because this The Blood Sugar Solution 10-Day Detox Diet Cookbook: More than 150 Recipes to Help You Lose Weight and Stay Healthy for Life is an unordinary book that the inside of the guide waiting for you to snap the item but latter it will shock you with the secret the item inside. Reading this book alongside it was fantastic author who all write the book in such incredible way makes the content inside easier to understand, entertaining approach but still convey the meaning completely. So , it is good for you because of not hesitating having this anymore or you going to regret it. This unique book will give you a lot of rewards than the other book have such as help improving your expertise and your critical thinking technique. So , still want to hold up having that book? If I were you I will go to the book store hurriedly.

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