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THE UTION Y X DIET - Get Mark Hyman's 10 Day Detox Cookbook

Fans of Hyman's best-selling The Blood Sugar Solution (2012) will undoubtedly want to read his lose-weight-faster sequel. A medical doctor on the advisory board of The Dr. Oz Show, Hyman sensibly encourages readers to avoid processed foods during a 10-day detox.

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blood sugar and insulin spikes when eating toxic restaurant food! Portion size saver. When you can serve yourself, adhering to The Blood Sugar Solution sug-

The Blood Sugar Solution RESTAURANT RESCUE

and addictions. Sugar, alcohol and caffeine are best eliminated before you start the 6 weeks. In my book, The Blood Sugar Solution, I show you how to do this without the uncomfortable side effects. 3. Add in the . right. foods and lifestyle habits to turn on weight loss: Start filling your pantry and refrigerator with fresh, whole, real foods.

EAT YOUR - drhyman.com

factors such as high blood pressure, high cholesterol, or high blood sugar, because even though factory food doesn't necessarily make you fat, it does make you sick! The food industry taxes our health and mortgages our children's futures. Obese children will earn less, suffer more, and die younger.

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