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The Blood Sugar Solution 10-Day Detox Diet: Activate Your Body's Natural Ability to Burn Fat and Lose Weight Fast

Mark Hyman

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Dr. Hyman's 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. 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. 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.

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