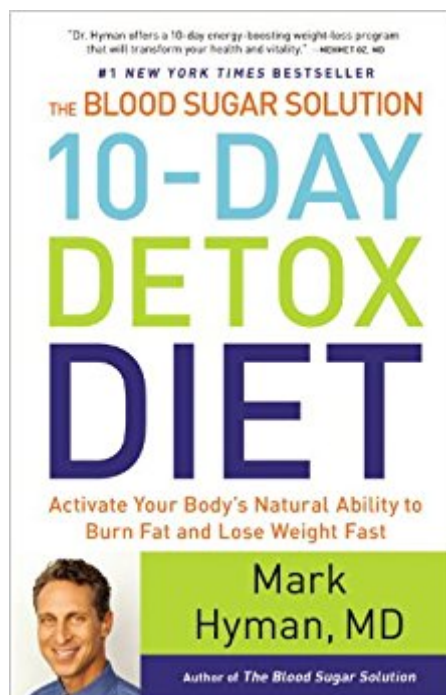




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# The Blood Sugar Solution 10-Day Detox Diet: Activate Your Body's Natural Ability To Burn Fat And Lose Weight Fast



## Synopsis

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.

## Customer Reviews

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. And he makes a strong case for eliminating sodas from the food stamp program, lobbying Congress to tax soda and sugar-sweetened beverages, and asking local stores to stock healthier items. He also provides many healthy, tasty-sounding, if time-consuming recipes, complete with calorie, fat, fiber, carbohydrate, protein, and cholesterol counts. But Hyman, now chairman of the Institute for Functional Medicine, may lose mainstream Americans with some of his advice. For example, he asks detox followers to give up dairy (which he says "causes inflammation, allergies, congestion, postnasal drip, sinus problems, eczema, asthma, acne," and even "weight gain by spiking insulin levels") and to turn to herbal laxatives, supplements such as magnesium citrate, and suppositories or enemas if they need help with "easy elimination." Not for skeptics of alternative medicine. --Karen Springen

"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

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The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie ( 2013 ) Paperback Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes)

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