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About the Author Mark
Hyman, MD, was co-
medical director of

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Canyon Ranch for ten years, and is now the chairman of the Institute for Functional Medicine and founder and medical director of The UltraWellness Center.

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In The Blood Sugar
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Hyman reveals that the

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secret solution to losing weight and preventing not just diabetes but also heart disease, stroke, dementia, and cancer is balanced insulin levels. Dr. Hyman describes the seven keys to achieving wellness: nutrition, hormones, inflammation, digestion, detoxification, energy metabolism, and a calm mind - and explains his

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THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET - Dr. Mark Hyman

Dr. Mark Hyman, who
has diligently dedicated
his life to wellness...
goes between the lines

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of nutrition research
providing a clear
roadmap for the
confused eater.

Dr. Mark Hyman

In one study, Harvard scientists found that a high-sugar milkshake (compared to a low-sugar one) not only spiked blood sugar and insulin and led to sugar cravings, but it caused

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huge changes in the brain. The sugar lit up the addiction center in the brain like the sky on the Fourth of July.

Think cocaine cookies, morphine muffins or smack sodas!

[Top 10 Big Ideas: How to Detox from Sugar |](#)

[Dr. Mark Hyman](#)

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Hyman, MD (2012):

What to eat and foods to
avoid by Penny

Hammond on June 27,

2013 The Blood Sugar

Solution (2012) is a

book about reducing the

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create a neutral pH
vitamin C to lessen
possible gastric
irritation in ...

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The Blood Sugar
Solution is a

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personalized approach to health that works by pinpointing and then eliminating the true underlying causes of your blood sugar dysfunction. It treats the imbalances in your body that are driving the disease, rather than merely treating symptoms as they pop up.

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Blood Sugar Solution
(Hard Cover) - Dr.
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Recommended Use The
following are Dr.

Hyman's specific usage
instructions for each of
the supplements in the
kit: Pure Encapsulations

- PureLean Pure Pack-

At Breakfast: Take 2
multivitamin (tan). At

Dinner: Take 1

multivitamin (tan), 1

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Magnesium glycinate
(white), 1 Taurine
(white), 1 Alpha Lipoic
Acid (red tint) and 1
EPA/DHA (golden).

Blood Sugar Solution
Advanced Plan - Dr.
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Dr. Hyman's #1 best-
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Solution Cookbook

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Hyman reveals that the secret solution to losing weight and preventing diabetes - as well as heart disease, stroke, dementia, and cancer - is balanced insulin levels.

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