The Blood Sugar Solution in 15 Minutes: Key Takeaways Analysis of the New York Times No. 1 Best Seller (Paperback)

By Bigread Reviewers

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.PLEASE NOTE: This is an unofficial summary and analysis of the book and NOT the original book. Inside this book you will find all the essential key points of the The New York Times No. 1 Best Seller - The Blood Sugar Solution. Read the official description of the book: In THE BLOOD SUGAR SOLUTION, Dr. Mark Hyman reveals that the 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 revolutionary six-week healthy-living program. With advice on diet, green living, supplements and medication, exercise, and personalizing the plan for optimal results, the book also teaches readers how to maintain lifelong health. Groundbreaking and timely, THE BLOOD SUGAR SOLUTION is the fastest way to lose weight, prevent disease, and feel better than ever. Scroll Up And Grab Your Copy Today! Tags: diabetes type 2, diabetes cure, diabetes diet cookbook, type 2 diabetes diet book, diabetes...

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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.
-- Ally Reichel

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).
-- Prof. Kirk Cruickshank DDS

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