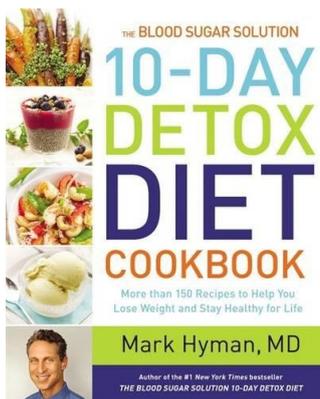


[PDF] The Blood Sugar Solution 10-Day Detox Diet Cookbook: More Than 150 Recipes To Help You Lose Weight And Stay Healthy For Life

Mark Hyman M.D. - pdf download free book



Books Details:

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Description:

The companion cookbook to Dr. Mark Hyman's revolutionary weight-loss program, the #1 *New York Times* bestseller *The Blood Sugar Solution 10-Day Detox Diet*, with more than 150 recipes for immediate results!

Dr. Hyman's bestselling *The Blood Sugar Solution 10-Day Detox Diet* offered readers a step-by-step guide for losing weight and reversing disease. Now Dr. Hyman shares more than 150 delicious recipes that support the 10-Day Detox Diet, so you can continue on your path to good health. With easy-to-prepare, delicious recipes for every meal - including breakfast smoothies, lunches like Waldorf Salad with Smoked Paprika, and Grass-Fed Beef Bolognese for dinner -- you can achieve fast and sustained weight loss by activating your natural ability to burn fat, reducing insulin levels and inflammation, reprogramming your metabolism, shutting off your fat-storing genes, creating effortless appetite control, and soothing stress. Your health is a life-long journey. THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET COOKBOOK helps make that journey both do-able and delicious.

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