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# THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET: ACTIVATE YOUR BODY S NATURAL ABILITY TO BURN FAT AND LOSE UP TO 10LBS IN 10 DAYS (PAPERBACK)



Hodder Stoughton General Division, United Kingdom, 2017. Paperback. Book Condition: New. 198 x 129 mm. Language: N/A. Brand New Book. Dr. Hyman s revolutionary weight-loss programme, 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...

**Read PDF The Blood Sugar Solution 10-day Detox Diet:  
Activate Your Body s Natural Ability to Burn Fat and Lose  
Up to 10lbs in 10 Days (Paperback)**

- Authored by Dr. Mark Hyman
- Released at 2017



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