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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...

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- Authored by Dr. Mark Hyman
- Released at 2017



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