



## The Blood Sugar Solution: The Bestselling Programme for Preventing Diabetes, Losing Weight and Feeling Great

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By Mark Hyman

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, The Blood Sugar Solution: The Bestselling Programme for Preventing Diabetes, Losing Weight and Feeling Great, Mark Hyman, By 2025 there will be more than 4 million people in Britain with diabetes. Every day, 400 new cases are diagnosed. In The Blood Sugar Solution, Dr Mark 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. The Blood Sugar Solution, Dr. Hyman gives us the tools to achieve this with his revolutionary six-week healthy-living programme and the seven keys to achieving wellness - nutrition, hormones, inflammation, digestion, detoxification, energy metabolism, and a calm mind. With advice on diet, exercise, supplements and medication, and options to personalise the plan for optimal results, The Blood Sugar Solution 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.



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