

THE BLOOD SUGAR SOLUTION 10 DAY DETOX DIET PDF

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Sun, 08 Jul 2018 19:15:00 GMT - 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 producing fast and sustained weight loss. Dr. Hyman explains how to: activate your natural ability to burn fat--especially belly fat; reduce inflammation; reprogram your metabolism; shut off your fat-storing genes; de-bug your digestive system; create effortless appetite control; and soothe the stress to shed the pounds.

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Sat, 07 Jul 2018 12:57:00 GMT - in real whole foods from the pantry list in The Blood Sugar Solution Cookbook). 2. Detox from Addictions: â€¢ Carefully eliminate substances that keep your body on the viscous cycle of cravings and addictions. Sugar, alcohol and caffeine are best eliminated before you start the 6 weeks.

EAT YOUR - Mark Hyman -

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