

The companion cookbook to the #1 *New York Times* bestseller *The Blood Sugar Solution 10-Day Detox Diet*

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THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET COOKBOOK

by Dr. Mark Hyman

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THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET COOKBOOK shares 175 easy-to-prepare and delicious recipes that activate your natural ability to burn fat, reduce insulin levels and inflammation, and reprogram your metabolism, soothing stress and resulting in fast and sustained weight loss.

#1 BESTSELLING AUTHOR

- Little, Brown and Company has sold more than 750,000 copies of Dr. Hyman's books in all formats.
- *The Blood Sugar Solution 10-Day Detox Diet* and *The Blood Sugar Solution* debuted at #1 on the *New York Times* bestseller list.

AMAZING RESULTS: 600 participants in the program lost 4,000+ pounds combined and there was a 62% improvement in symptoms—in just 10 days.

MARK HYMAN, MD, was co-medical director of Canyon Ranch for 10 years, and is now the chairman of the Institute for Functional Medicine and founder and medical director of The UltraWellness Center.

Praise for *The Blood Sugar Solution 10-Day Detox Diet*:

"Dr. Hyman offers a 10-day energy-boosting weight loss program that will transform your health and vitality." —Mehmet Oz, MD

Praise for *The Blood Sugar Solution*:

"I hope Dr. Hyman's new book will inspire you as he has inspired me." —Bill Clinton

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