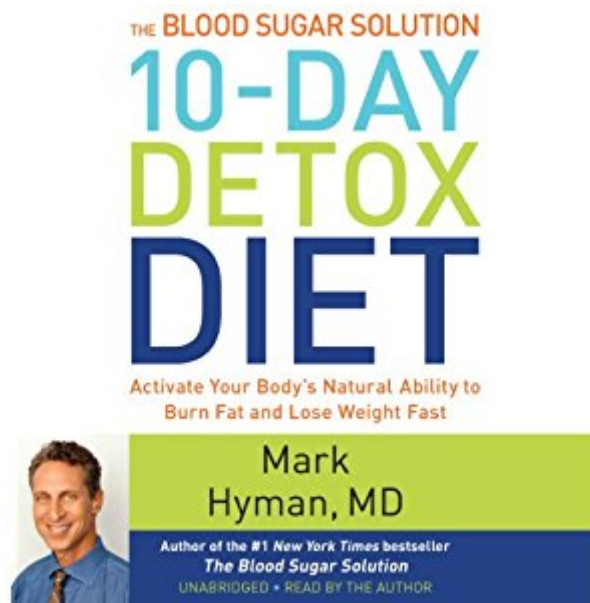


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# The Blood Sugar Solution 10-Day Detox Diet: Activate Your Body's Natural Ability To Burn Fat And Lose Weight Fast



## Synopsis

Dr. Hyman's revolutionary weight-loss program, based on the number-one New York Times best seller *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 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. With practical tools designed to achieve optimum wellness, including meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice on green living, supplements, medication, exercise, and more, *The Blood Sugar Solution 10-Day Detox Diet* is the fastest way to lose weight, prevent disease, and feel your best.

## Book Information

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## Customer Reviews

I'll put the summary upfront: using the principles and plans in the 10-Day Detox Diet, I lost 12 lbs in the first 10 days, a total of 21 lbs in the first 30 days and now 30 lbs total in the first 50 days. (Update: as of August 2015 I've lost 60 lbs total). In addition, my overall feeling of health and my energy levels increased greatly. A little about me: I'm in my mid-fifties and am a relatively big-framed guy who stands 6'1" and weighed 310 pounds when I started this plan. That was about 110 lbs overweight as my ideal weight is about 200 pounds (it's been a long time since I've been there so I'll let you know for sure when I get there). This book was recommended to me by a life coach I was

seeing. I purchased the 10-Day Detox Diet, read it thoroughly and loved the sound science and principles behind the ideas. Following the plans in the book, I prepped my refrigerator and pantry, purchased vitamin supplements and fiber pills, tapered back on Dove dark chocolates (my main addictive habit), picked the day I would start and jumped in. I haven't felt hungry since. Good things that have happened in the first 50 days: I lost 30 pounds and 1.5 inches off my neck and 3 inches off my waist (just a representative sample; I slimmed down in other places on my body as well). My cravings for fatty foods and sugar disappeared. I'm sleeping better, some nagging inflammation in my knees cleared up and my digestive elimination challenges cleared up. My patience increased for handling both my interpersonal relationships and life's little problems. I have more energy for work and throughout the day. My overall feeling of health improved greatly.

Can you actually start turning your health around in 10 days? Yes, you certainly can, and this book is an excellent guide to Hyman's popular and science-based plan to "resetting" your body and ridding it of toxins -- most especially sugar. Be warned: this plan goes far beyond diet alone. It is radical and time-consuming, and most people will find it a shocking change from their usual eating and living habits. But if you are ready to overcome easy habits in order to lose weight and improve your health, Hyman is an excellent guide. He walks you through the plan in great detail, explaining the science and rationale behind each facet of it. Hyman is both firm and upbeat, half doctor, half life coach. By the time you've finished this book, you'll be convinced of the menace of "diabesity" and rarin' to give up bad habits like sugary drinks and processed foods. Dr. Hyman states his philosophy simply as "out with the bad and in with the good." The "bad" is sugar, gluten, grains, dairy, beans, processed foods, certain oils, alcohol and caffeine. The "good" is detoxing foods -- whole, unprocessed foods like fresh vegetable, proteins (fish, poultry, meat), and healthy fats. The plan goes beyond food, encompassing supplements, exercise, relaxation, "detox baths," journaling, and even a "media diet" designed to pull us away from our stressful screens. The 10-day plan is described in great detail. You're not left to choose foods on your own; Hyman dictates what to eat and gives recipes. Each day of the plan has a specific theme and your day will be laid out by Hyman. Example themes: Day 1: Satisfy (your body's cravings for good food). Day 5: Listen (to what's going on in your heart and mind).

Quickly I want to say- I am getting good results- but the first two days (especially day 2) is challenging - the body really wanted that sugar! I am not a coffee - tea or soda drinker so can't give any info on caffeine & not a smoker - so no details for that either- sorry. I received this book quite

quickly after it's release date. I started the program on Monday of this week and so far I am down 6 pounds after 3 full days. I like the recipes in the book although I am finding it difficult to follow the food plan exactly as all recipes are 4 servings and there are only 2 in my household - so leftovers can get out of hand if I let them. Also, I am not a breakfast drink person - so I do not like the texture of the morning drink I chose from page 267- the flavor is fine though. Also, I have been feeling a bit shaky after my half hour walk through the woods with my dog and the shake does not seem to help with that (drinking the shake after our walk) - so today I decided I would eat the turkey meatballs & slaw that were from lunch on day one as my breakfast and use the shake at lunch time - as the shake is huge and filling. So far so good this morning! One note about the slaw that goes with the yummy turkey meatballs- I did have to steam the red cabbage & greens a bit to make that slaw easier to eat - the directions make it look like they are just supposed to be mixed in the bowl with other ingredients but when I tried to eat it that way I felt like wild life chewing up somebody's garden!!The detox bath has been helpful in regards to stabilizing my body temp especially at night - it has made it easier to sleep.

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