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Blood Sugar - Mark Hyman

In The Blood Sugar Solution, Dr. Mark Hyman reveals that the secret solution to losing weight and preventing not just

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Mark Hyman, MD, is the Director of the Cleveland Clinic Center for Functional Medicine, chairman of the Institute for Functional Medicine and founder and medical director of The UltraWellness Center. He is the #1 New York Times bestselling author of The Blood Sugar Solution 10-Day Detox Diet, The Blood Sugar Solution, The Blood Sugar Solution Cookbook, Ultrametabolism, The Ultramind Solution ...

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By Dr. Mark Hyman

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The Blood Sugar Solution: The UltraHealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now! (Kindle Edition) Published February 28th 2012 by Little, Brown and Company

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