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Ultra-Tasty Recipes For Total Health And Weight Loss
By Mark Hyman**

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Manufacturer's Product Description. In my book, The Blood Sugar Solution, I walk you through a 8 week plan that helps you balance your blood sugar and even reverse

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THE SECRET: Every tempting, melt-in-your-mouth bite will SLOW DOWN your blood sugar's rise, so you BURN the calories instead of storing them as fat on your body.

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It has been a year since Mark Hyman, MD, released his book "The Blood Sugar Solution" and introduced ways to battle obesity and diabetes by rebalancing insulin

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