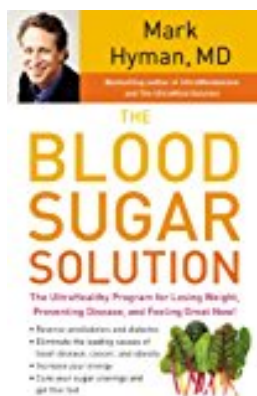


# [PDF] The Blood Sugar Solution: The UltraHealthy Program For Losing Weight, Preventing Disease, And Feeling Great Now! (Your Coach In A Box)

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## **Description:**

**Review** "Dr. Hyman has done it again with a lucid description of the causes of the diabetes epidemic and a powerful treatment program. *The Blood Sugar Solution* is a must-read for anyone anywhere on the spectrum between mild insulin resistance and full-blown Type-2 diabetes--a groundbreaking, science-based, easy-to-follow prescription. Start your journey to healing now!"  
**(Mehmet Oz, MD)**

**About the Author** Mark Hyman, MD, was co-medical director of Canyon Ranch for ten years, and is now the chairman of the Institute for Functional Medicine and founder and medical director of The UltraWellness Center. He is the New York Times bestselling author of *Ultrametabolism*, *The Ultramind Solution*, and *The Ultrasimple Diet*, and coauthor of *Ultraprevention*.

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