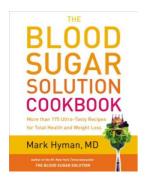
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THE BLOOD SUGAR SOLUTION COOKBOOK (HARDBACK)



Little, Brown Company, United States, 2013. Hardback. Condition: New. Language: English . Brand New Book. In THE BLOOD SUGAR SOLUTION COOKBOOK, Dr. Mark Hyman shares recipes that support the BLOOD SUGAR SOLUTION lifestyle. In 1900, only two percent of meals in America were eaten outside the home; now it is over fifty percent. Dr. Hyman calls for readers to take back their health by taking back their kitchens. The major culprit of diabetes, obesity and heart disease is insulin imbalance....

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- Authored by Mark Hyman
- Released at 2013



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Reviews

It in one of my personal favorite ebook. I was able to comprehended everything using this created e ebook. I am just pleased to tell you that here is the greatest ebook i have got read through within my own lifestyle and may be he finest publication for possibly.

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