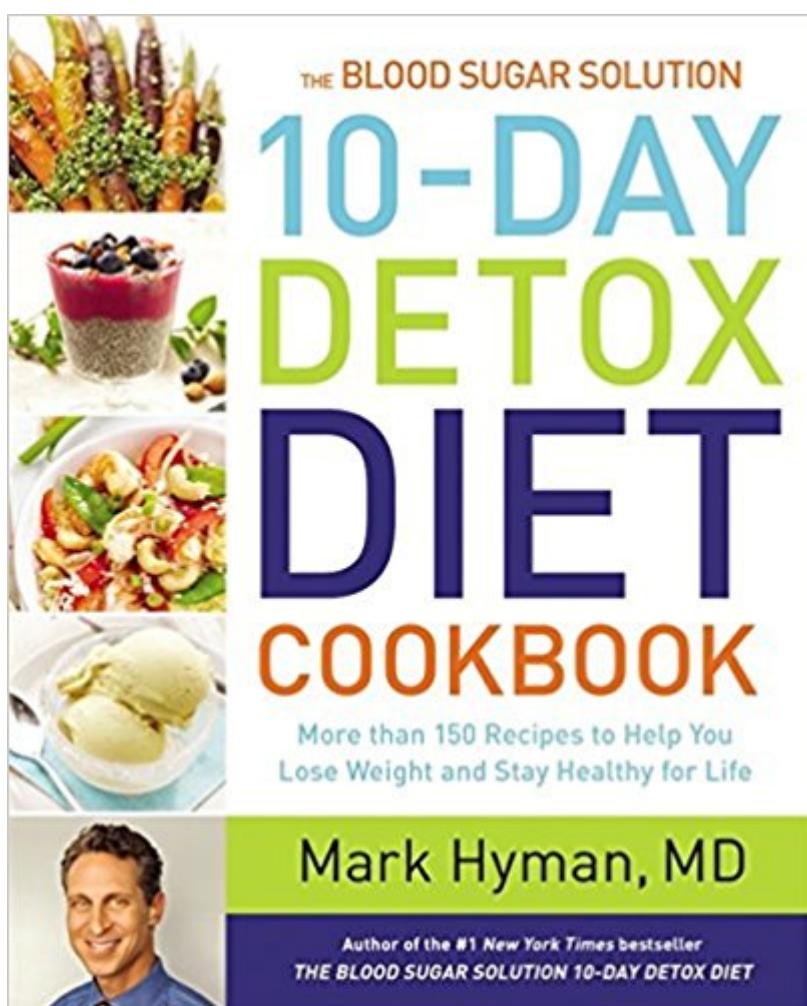


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# The Blood Sugar Solution 10-Day Detox Diet Cookbook: More Than 150 Recipes To Help You Lose Weight And Stay Healthy For Life



## Synopsis

The companion cookbook to Dr. Mark Hyman's revolutionary weight-loss program, the #1 New York Times bestseller The Blood Sugar Solution 10-Day Detox Diet, with more than 150 recipes for immediate results! Dr. Hyman's bestselling The Blood Sugar Solution 10-Day Detox Diet offered readers a step-by-step guide for losing weight and reversing disease. Now Dr. Hyman shares more than 150 delicious recipes that support the 10-Day Detox Diet, so you can continue on your path to good health. With easy-to-prepare, delicious recipes for every meal - including breakfast smoothies, lunches like Waldorf Salad with Smoked Paprika, and Grass-Fed Beef Bolognese for dinner -- you can achieve fast and sustained weight loss by activating your natural ability to burn fat, reducing insulin levels and inflammation, reprogramming your metabolism, shutting off your fat-storing genes, creating effortless appetite control, and soothing stress. Your health is a life-long journey. THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET COOKBOOK helps make that journey both do-able and delicious.

## Book Information

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## Customer Reviews

PRAISE FOR THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET:"Dr Hyman offers a 10-day energy-boosting weight loss program that will transform your health and vitality."Mehmet Oz, MD"A roadmap to a healthier body, mind and spirit. And all it takes is ten days."Arianna Huffington

Mark Hyman, MD, is the Director of the Cleveland Clinic Center for Functional Medicine, the 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, The Ultrasimple Diet, and coauthor of The Daniel Plan and Ultraprevention.

I bought the 10-Day Detox book and then ordered this cookbook after we decided to just stay on the diet. I have suffered from joint pain, bloating, swelling and just plain feeling like crap for several years now. I've been through the Western medicine ringer, if you will. Fed up, I started looking into Ayurveda and stumbled upon Dr. Hyman's newsletter and then decided to do the 10-Day Detox Diet. I made everyone in the house follow it since I figured I'm the household cook and it would make my life easier if everyone was on it together. For the first time in 7 years I lost weight (I've done several cleanses and would only lose 3-4 lbs and those pounds that came right back). We have been on the detox diet for nearly 5 weeks now and I've lost 15 lbs and my husband has lost 18 lbs. But the most important thing is that by the 6th day I realized my joint pain was almost entirely gone (I had been living a life of pain 24/7). My "lupus" symptoms all but disappeared making me question the diagnosis altogether. This diet has been a game-changer for me. I suspected I had a gluten sensitivity, but it turned out to be far worse than I thought and my husband has a severe dairy intolerance, both of these were identifiable as a result of the 10-day detox and then reintroducing food items one at a time. When I introduced a small amount of gluten back into my diet I became quite ill and my knees and hands began to hurt almost instantly. This diet is the best medicine I've ever taken and we have decided to make this our new "life diet." I am a total foodie and a very creative cook so I've taken some liberties with the recipes that have taken them to an all new level. I post the meals on our FB page and my friends and family keep asking for the recipes. While it is challenging to maintain the diet, especially as two professional people who have demanding jobs, once you figure out what you can and can't have and learn the new recipes it gets easier. Tip: Make big dinners so you have leftovers for lunch the next day, it will save a ton of time! I highly recommend this diet to anyone, it just makes you feel better overall. If you are struggling with health issues I strongly encourage you to give it a try, it has changed our lives.

I started the 10-Day Detox diet about five days ago. The recipes included with the diet book were good but not great. I was worried that I wouldn't be able to stick with the plan because I wasn't

loving the food. Lucky for me, 3 days in, Dr. Hyman released this cookbook. I ordered it on Sunday and it came on Tuesday (Thanks to Prime)! It is FABULOUS! This cookbook has kept me on the diet, without feeling like I am giving up anything. The recipes are amazing. My husband is doing the diet with me, and he keeps asking me, "Is this really allowed on the diet?" because the food is so rich and delicious. I agree with some reviewers, that it does take a moderate amount of time to make the recipes and shop for the ingredients (which are a bit expensive), but it is well worth the time and money because the food is so good. I love to cook and have found the recipes in this book very fun to make, and not too difficult. Some of the recipes I have tried are: Filet Mignon with Garlic Sauce and Roasted Tomatoes, Southwestern Turkey Chili, Stuffed Compari Tomatoes (ahhhmazing), Vegetable Hash with Fried Eggs, Blueberry Smoothie, and a few others I can't remember off the top of my head. As I stated before, the recipes have helped me to stick with the 10 day diet and I have lost 5 pounds in 5 days! I plan to continue with the diet after the 10 days are up, which will be so easy with the recipes provided in this cookbook. THANK YOU, Dr. Mark Hyman!

Dr. Hyman and the amazing team has hit it out of the park once again. This cookbook is fantastic. I have had the distinct pleasure of receiving an early copy of this book and have cooked my way through a large portion of it. There has, literally, not been one disappointing recipe. As a plant based eater I was thrilled with the Vegetarian and Vegan section of the book and I also modified recipes found in other sections, such as the Broccoli Rabe with Italian Sausage and the Chili-Spiced Turkey Meatloaf with Roasted Carrot Salad. No modifications were necessary when entertaining or serving the meat lovers in my family. One of these particular meals began with an appetizer of julienned vegetables, Spicy Roasted Pepper and Walnut Dip, and Bell Pepper Mini Quiches followed by Tomato-Basil Soup with Shrimp, Miso Marinated Cod with Fresh Basil and Bok Choy, Spicy Garlic Eggplant and an incredible dessert of Cinnamon and Cayenne Roasted Mixed Nuts with fresh fruit. In addition to all of the wonderful recipes you will also find tips on healthy living, pointers on the 10 Day Detox Diet and great information on losing weight, living a life free of inflammation, breaking food addictions and boosting your energy.

I love this book. I did a somewhat modified version of his diet and lost 8 lbs in only 10 days. I tried to go back to eating some of the foods he suggest you keep out of your diet, and oh my gosh. I felt ill. So needless to say I am sold on his way of eating.

So many great recipes! I purchased this along with the Dr. Hyman's Ten Day Detox Diet book. I

really enjoy cooking and this gives me tons more options. I am almost finished the actual 10 Day Detox and after the strict detox part is over I plan to reference this cookbook to continue staying off sugar, gluten, etc. It will be a much-used reference and inspiration book.

Great recipes, but I wish they had photos with the recipes.

It will be very costly to prepare the recipes!!! Most don't even sound good for my family.

This was the best "Diet" book I have ever read. I followed the program and lost 15 pounds and, better yet, my blood pressure and cholesterol levels are now normal. The recipes are delicious. Five months later I'm still having the protein shake for breakfast, and my husband has joined me. My allergies are much milder. I haven't had to use my epipen for months. I'm totally off sugar, coffee, and "junk" food. I have an occasional glass of wine. I also bought the recipe book, which I love, too.

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