

THE BLOOD SUGAR SOLUTION

Mark Hyman, MD

Read by Kiff VandenHeuvel

The latest research shows that insulin imbalance is the major cause of weight issues and diabetes, as well as heart disease, cancer, dementia, and most other diseases. In fact, more than 100 million Americans now suffer from *diabetes*, the spectrum of imbalance ranging from mild insulin resistance to prediabetes to full-blown type 2 diabetes. By 2020, it will affect 1 in 2 Americans, 90 percent of whom will not be diagnosed. Fortunately, diabetes is reversible, and Dr. Mark Hyman shows you how.

In the #1 bestselling *The Blood Sugar Solution*, Dr. Hyman identifies the seven factors affecting wellness—nutrition, hormones, inflammation, digestion, detoxification, energy metabolism, and a calm mind—and presents his revolutionary six-week healthy-living program to rebalance insulin and blood sugar levels and heal yourself on every level. With advice on diet, green living, supplements and medication, exercise, and personalizing the plan for optimal results, *The Blood Sugar Solution* empowers you to *take back your health*, lose weight, prevent disease, and feel better than ever.

"I hope Dr. Hyman's new book will inspire you as he has inspired me."

—PRESIDENT BILL CLINTON

MARK HYMAN, MD, was co-medical director of Canyon Ranch for ten years and is now the chairman of the Institute for Functional Medicine, founder and medical director of the UltraWellness Center, and director of the Cleveland Clinic Center for Functional Medicine. He is also the author of *The Blood Sugar Solution 10-Day Detox Diet*, *The Blood Sugar Solution Cookbook*, *UltraMetabolism*, *The UltraMind Solution*, and *The UltraSimple Diet* and coauthor of *UltraPrevention*.



Playing time: 12 hrs • Unabridged

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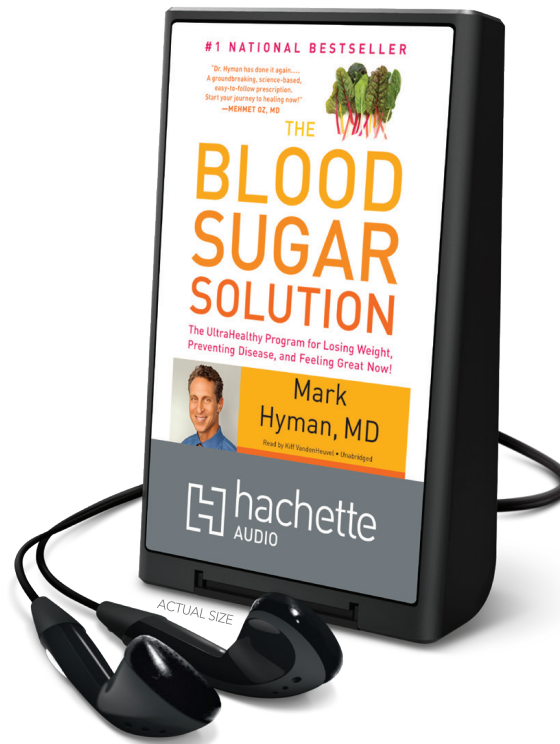
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The UltraHealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now!

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