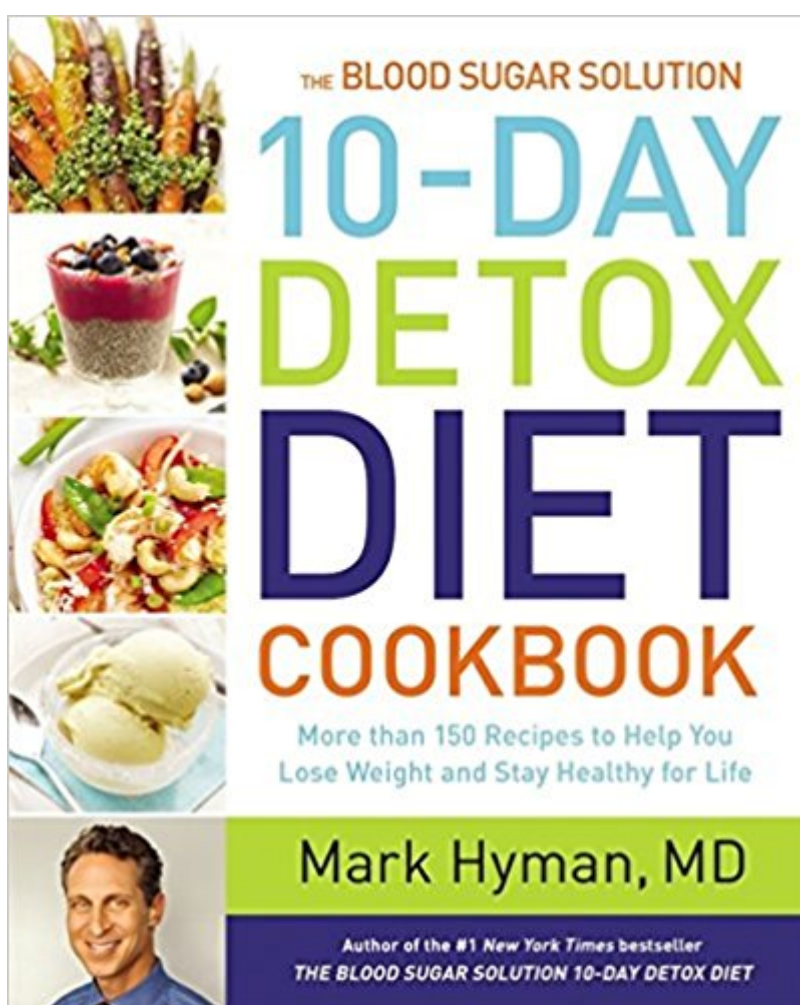


The book was found

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

Hardcover: 352 pages

Publisher: Little, Brown and Company; 1 edition (March 10, 2015)

Language: English

ISBN-10: 0316338818

ISBN-13: 978-0316338813

Product Dimensions: 7.8 x 1.1 x 9.6 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 338 customer reviews

Best Sellers Rank: #7,508 in Books (See Top 100 in Books) #8 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #13 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #18 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses

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.

[Download to continue reading...](#)

Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. The Blood Sugar Solution 10-Day Detox Diet Cookbook: More than 150 Recipes to Help You Lose Weight and Stay Healthy for Life BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy

Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet,No carbs diet,Low Carbs food list,high protein diet,rapid weigh loss,easy way to lose weight,how ... way to lose weight,how to lose body fat)) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes) The Blood Sugar Solution 10-Day Detox Diet: Activate Your Body's Natural Ability to Burn Fat and Lose Weight Fast Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan) Detox Diet & Detox Recipes in 10 Day Detox: Detoxification of the Liver, Colon and Sugar With Smoothies

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)