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## **Blood Sugar Solution Book Reviews**

Find helpful customer reviews and review ratings for The Blood Sugar Solution: The UltraHealthy Program

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for Losing Weight,  
Preventing Disease,  
and Feeling Great Now!  
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The Blood Sugar  
Solution ...**

The Blood Sugar  
Solution is a very  
complex book about  
the effects of food,  
especially

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carbohydrates, on the blood sugar/insulin levels and in turn their effect on the health. It is full of information about different diseases that are caused by insulin imbalance and insuline resistance.

## **The Blood Sugar Solution: The UltraHealthy Program for ...**

This book has been the most helpful book I

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have read in regards to high blood sugar. My doctor told me if my A1C didn't come down in the next 3 months, she would have to put me on insulin. I got serious. I am 66 years old. I saw this book on an ad while on Facebook, felt drawn to this, and ordered it. It is my "Bible" for my health.

**Amazon.com:**  
**Customer reviews:**

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**Smart Blood Sugar -  
Second ..**

I just finished reading the No.2 book at Amazon.com, The Blood Sugar Solution: The UltraHealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now! Published in 2012, the author is Dr. Mark Hyman. I give it three stars per Amazon's rating system ("It's OK"). Actually, I came close

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to giving it two stars,  
but was afraid the  
review would have  
been censored (i.e.,  
deleted ...

## **Book Review: The Blood Sugar Solution | Diabetic ...**

I just finished reading  
the No.1 book at  
Amazon.com, The  
Blood Sugar Solution:  
The UltraHealthy  
Program for Losing  
Weight, Preventing  
Disease, and Feeling

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Great Now! Published in 2012, the author is Dr. Mark Hyman. I give it three stars per Amazon's rating system ("It's OK"). Actually, I came close to giving it two stars, but was afraid the review would have been censored at the Amazon ...

## **Book Review: The Blood Sugar Solution | Advanced ...**

Bestselling author of

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the Ultra-health-book series (The UltraMind Solution, 2008, etc.) expounds on the limitless benefits of a balanced, organic, fiber-friendly diet.. Directly addressing what he calls “our current global epidemic of obesity and type 2 diabetes,” the former co-medical director of Canyon Ranch spas appeals to an increasing population plagued with bodily

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inflammation ...  
Reviews

**THE BLOOD SUGAR  
SOLUTION | Kirkus  
Reviews**

The Blood Sugar Solution Cookbook is a cookbook that can be used by itself or with the The Blood Sugar Solution book by the same author. The book shows how to do a kitchen makeover (pantry and fridge) and shows through recipes and diet coaching how

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to cancel out disease  
caused by poor  
nutrition.

## **The Blood Sugar Solution Cookbook: More than 175 Ultra**

...

Smart Blood Sugar by  
Dr Marlene Merritt  
looks more like a scam  
than a legitimate  
product. In this review  
I'm going to reveal why  
I came to this verdict  
even though this  
product has some

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genuine positive testimonials online and the creator is a real person with the right qualifications.

## **Smart Blood Sugar Looks Like A SCAM! (Unbiased Review)**

I then opened another browser and Googled "Diabetes Solution Kit and found listed 5 ingredients that help lower blood sugar. Are they the items listed in Barton's online media

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package "Diabetes Solution Kit" don't know, then I googled Barton Publishing and found all the complaints listed regarding Joe Barton and his company.

## **Barton Publishing Complaints, Reviews, & Information**

Some examples are BeyondDiet.com, The Diet Solution Program, Dukan Diet, Ideal

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Protein Diet, Fast Metabolism Diet, and many others. If you have experience with this company or their products, please leave your Smart Blood Sugar reviews below.

## **Smart Blood Sugar Reviews - Legit or Scam?**

This makes the Diabetes Solution Kit a great option even for non-diabetics who are just interested in losing

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weight. Relatively Fast Results. Based on the user testimonials we have seen online, it seems that people saw their blood sugar dropped significantly within 4 weeks on average.

## **Diabetes Solution Kit By Barton Publishing - Full Review**

You might have heard of Dr. Hyman. He's been all over the

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media lately promoting his latest book: The Blood Sugar Solution 10-Day Detox Diet. Dr. Hyman believes that a "whole-foods, low-glycemic, predominately plant-based, phytonutrient-rich diet is the foundation of health and prevents and can treat most chronic diseases".

## **Does Dr. Hyman's Blood Sugar Solution**

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**Really Work?**

The Blood Sugar  
Solution—The Ultra-  
healthy Programme For  
Losing Weight,  
Preventing Disease,  
And Feeling Great  
Now!: By Mark Hyman,  
Hachette India, 423  
pages , Rs399. 2 min  
read .

**Book review: 'The  
Blood Sugar  
Solution'**

Dr.Mark Hyman's from  
his book The Blood

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Sugar Solution posted  
Sep 29th, 2015 1:39  
pm. Pamela Arb + I  
would like to know  
what exactly to eat in  
the advanced plan,  
whithout following all  
the recipies, ... Keep up  
with Diets in Review  
Get Weekly Email  
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## **The Blood Sugar Solution - Diet Review**

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Book Reviews This is

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**Book Reviews -**  
**orrisrestaurant.com**

As a 60-something female, Kate Swanson is well aware of the challenges facing women throughout their life in health, beauty, and fashion. Dr. Michael Moseley wrote a very popular book called The Blood Sugar Diet. It promises to help you shed 10% to 15% of your body weight in just 8 weeks.

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**The Blood Sugar  
Diet Review -**

**CalorieBee - Diet &  
Exercise**

The solution he proposes is “The Blood Sugar” program. In order to enroll in the program he developed the “Diabesity quiz” (diabetes plus obesity.) In the quiz, he includes questions that go from the everyday routine, to body measurements, eating habits and biochemical

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parameters—and I found some weaknesses in the quiz on which the book is based.

## **The Blood Sugar Solution Cookbook. {Book Review}**

MH: The Blood Sugar Solution is an 8-week diet and lifestyle change program that provides you with all of the steps you need to rebalance your blood sugar, overcome

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insulin resistance, and  
reverse ...

## **Dr. Mark Hyman on 'The Blood Sugar Solution' - Diabetes**

...

Dr. Mark Hyman's book  
The Blood Sugar  
Solution outlines a  
comprehensive 8-week  
plan for overcoming  
diabetes in all its  
forms which puts  
people at high risk for  
diabetes. Here is a  
sneak preview of the

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steps outlined in the book: Get the right tests. Most doctors focus on fasting blood sugar. This is actually a poor indicator of diabetes.

## **The Blood Sugar Solution | Foundation for Alternative and ...**

The blood sugar solution : the ultrahealthy program for losing weight, preventing disease,

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Solution Book

and feeling great now!

/ Mark Hyman. p. cm.

Includes bibliographical  
references and index.

ISBN 978-0-

316-12737-0 (hc) /

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(large print) 1. Blood  
sugar — Popular works.

2. Diabetes — Diet

therapy — Recipes. 3.

Insulin

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[d41d8cd98f00b204e98](https://doi.org/10.1002/9780316196178)

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