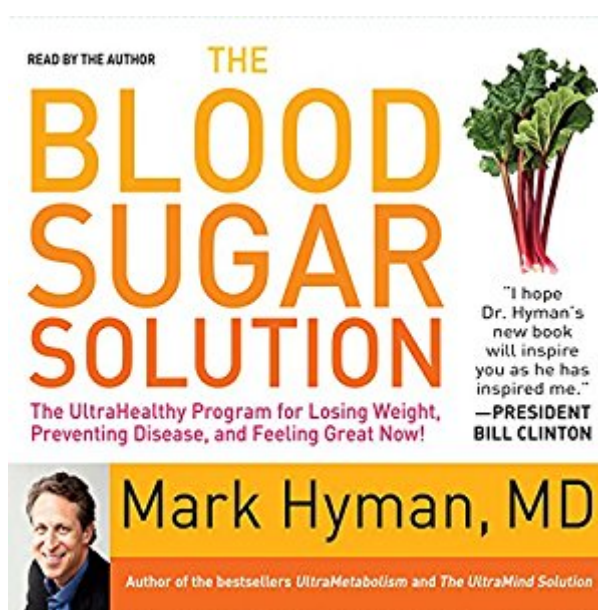


The book was found

The Blood Sugar Solution: The UltraHealthy Program For Losing Weight, Preventing Disease, And Feeling Great Now!



Synopsis

In *The Blood Sugar Solution*, Dr. Mark Hyman reveals that the secret solution to losing weight and preventing not just diabetes but also heart disease, stroke, dementia, and cancer is balanced insulin levels. Dr. Hyman describes the seven keys to achieving wellness: nutrition, hormones, inflammation, digestion, detoxification, energy metabolism, and a calm mind - and explains his revolutionary six-week healthy-living program. With advice on diet, green living, supplements and medication, exercise, and personalizing the plan for optimal results, the audiobook also teaches listeners how to maintain lifelong health. Groundbreaking and timely, *The Blood Sugar Solution* is the fastest way to lose weight, prevent disease, and feel better than ever.

Book Information

Audible Audio Edition

Listening Length: 8 hours and 31 minutes

Program Type: Audiobook

Version: Abridged

Publisher: Gildan Media, LLC

Audible.com Release Date: March 1, 2012

Language: English

ASIN: B007FT3TR0

Best Sellers Rank: #25 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home >

Cooking #50 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes >

General #59 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

Truth is simple. Always. Healthy eating is simple too. Dr. Hyman makes a good point in that there are only a handful of things that can go wrong with your physical body. Yet the medical profession has classified over 2,000 different diseases. This is insanity. Point well made by Dr. Hyman.

However.....This is the second book I've read by Dr. Hyman. The first was *The Ultra Mind Solution*. Both books advocate essentially the same diet and supplements, etc. A word of caution is in order here. Dr. Hyman is a super-charged AMBITIOUS individual who believes he has a message to take to the world. Or at least that's how he appears to me. Not that there's anything wrong with that.

But.....Why does he have to make it so complicated? Healthy eating isn't complicated. I found this book to be difficult, and boring. Worse, the implementation of his program is tediously complex and too difficult for me to follow without making a full-time job out of it. Many pages deal with stuff I have

no interest in whatsoever and he spends so much time trying to convince you that there is a problem out there with the way most Americans eat. Duh! Dr. Hyman might possibly be one of the greatest guys on Earth, but at the same time, he is an incessant hype machine and a master marketer. It gets annoying after awhile. I have abandoned him as a source of dietary information, because there are other sources, advocating essentially the same diet (or close enough that it's hard to tell any difference) that I don't need to spend money on Dr. Hyman's program. The info is out there for free. Don't spend your money if you don't have to. As another reviewer pointed out, there is nothing original in Dr Hyman's book.

Let me cut right to the chase: Do I think this book is worth buying? Yes. With reservations. Before I get to them, though, let me tell you why this is such a valuable resource. Dr. Hyman understands that there are a myriad of factors that affect both our weight and our overall health. One of the things I find most helpful about this book is the focus on environmental factors such as pollution, pesticides, hormones and antibiotics in our food. Taken a step or two further he has nothing good to say about heavily processed food, and while there are processed foods that I genuinely enjoy like Nutella (which I will no longer eat because it contains palm oil, which is a whole other issue) I recognize they're not good for me, and I try to avoid anything that falls into this category. Fair enough, I say, it's relatively simple to cut much of the processed food out of your diet. You just have to make smarter choices and work a little harder. It's also relatively easy to buy foods that are organic, rBGH-free, free of high fructose corn syrup and so forth (non-GMO foods are harder.) Relatively easy. Not simple, and certainly not cheap. If you make a commitment to avoiding these things, it takes some homework, and rebudgeting. But doing these two things are good starts. Taking supplements because our diets will probably never provide the level of nutrients many of us need, that's a good start too. Again, quality supplements aren't cheap, and by now you're beginning to see that good health is a bigger commitment than you might imagine. It's not just about eating less and jogging for an hour each morning. Far from it. It's about making the choices I've mentioned, and as Dr. Hyman points out, it's about advocating for change in every aspect of life that affects our health.

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Weight Watchers: 23 Healthy Snacks

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