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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.

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5/3/2012 · 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

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levels. Dr. Hyman describes the seven keys to achieving wellness -- nutrition, hormones, inflammation, digestion, detoxification, energy metabolism, and a calm mind -- and explains his ...

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