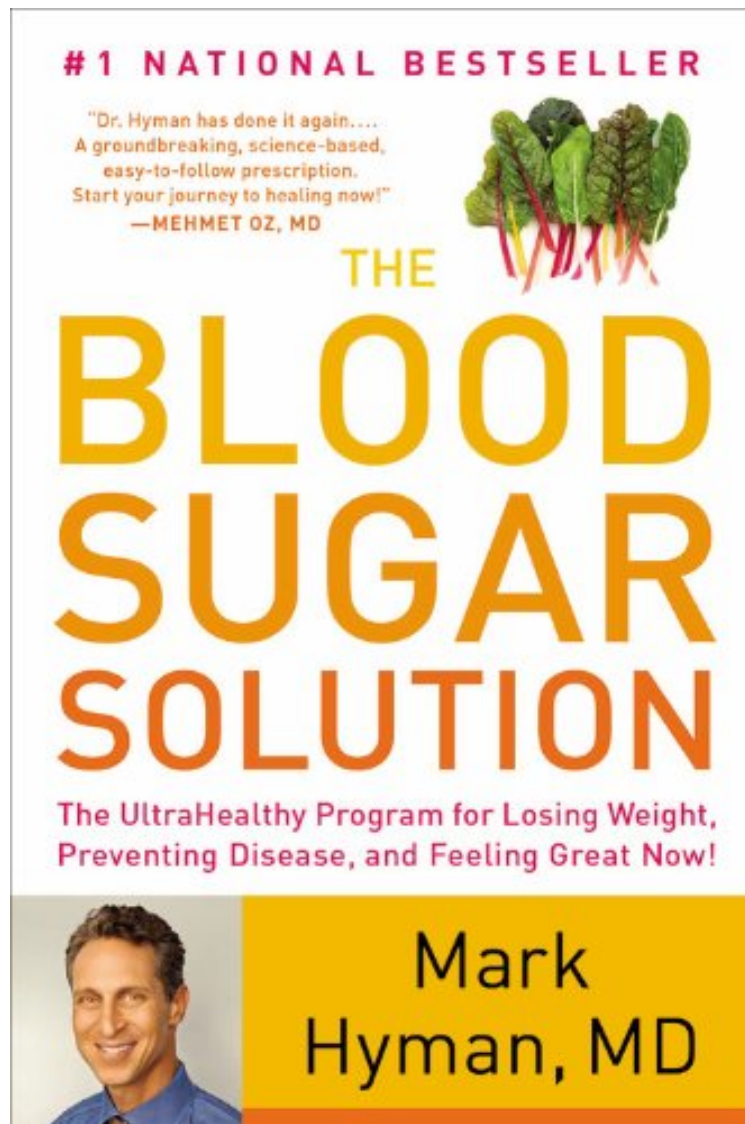


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## The Blood Sugar Solution: The UltraHealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now!

Mark Hyman M.D.

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Mark Hyman M.D. : The Blood Sugar Solution: The UltraHealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now! before purchasing it in order to gage whether or not it would be worth my time, and all praised The Blood Sugar Solution: The UltraHealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now!:

1182 of 1242 people found the following review helpful. There is a better way to do this. By Richard Krug 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. After reading this book, I stumbled upon an internet diet called Beyond Diet, with is essentially the same diet Dr. Hyman advocates, but uses a slightly different approach in implementing it. This diet, however costs money to get into (which I did), and it's way too complicated also, just like Dr. Hyman's diet. Strike two. So basically I just eliminated eating everything except for the vegetables and fruits from my garden, supplemented by meat purchased at the store. Shortly after, I discovered something called the Paleo Diet which was almost exactly what I was already eating, and it turns out to be remarkably similar, to Beyond Diet, as well as the Blood Sugar Solution. Any differences between the three are minor. What distinguishes the "paleo community," however, is that although there are books written about it, you don't need to buy any of them because all the information you need to know about the diet is free on a variety of websites. Google it and you'll see. One of the more complete websites is Mark's Daily Apple, which explains the diet in detail, in a straight forward, uncomplicated manner. If you're the type that wants recipes, this site is loaded with them. They do sell a book, but you don't need it - all the info you need about the paleo way of eating is there on the website. I am in no way affiliated with the above-mentioned website, and have no ulterior motives whatsoever for recommending it other than to simply share with you what I have found, There are many other paleo websites as well, and they're all worth exploring. In summary, Dr. Hyman's book for me was complicated and even stressful to try and use as a guide, not to mention expensive if you get his supplements. A better route is free and simple. Check out what paleo has to offer.

3 of 3 people found the following review helpful. Dr. Mark Hyman's Blood Sugar Solution: Mixed Feelings, but Overall, a Useful Guidebook for Advocating for Your Own Wellness By OKMy husband's most recent bloodwork indicated a slightly elevated fasting blood sugar level his doctor recommended we get a copy of this book to get some ideas on how to address it. I'm familiar with Dr. Hyman's Ultraprevention Ultraprevention: The 6-week Plan That Will Make You Healthy for Life by Hyman, Dr. Mark, Liponis, Mark (2005) Paperback from YEARS ago although this is a helpful book, much of the information was not as "new" to me as I'd hoped. I also found what I'll call the "Celebrification Factor" (naming various celebrities affiliated with Dr. Hyman) a bit off-putting. I understand that Fame Sells Books, but I'd prefer WAY less namedropping and product upselling. HOWEVER, if you're new to health and wellness reading and needing a concise guidebook that can help you learn how to manage your diet and supplementation intake to improve blood sugar levels, I can say I think this can help you a LOT. Not only does it provide dietary guidance, the information on specific supplements and "quizzes" on your state of health can help guide you very quickly in the right direction to save your own life (in my opinion). If you're borderline diabetic or beyond, you need to hurry up and get with it, because high blood sugars will undermine your entire prospects for a long and healthy life very quickly. Get the blood sugar under control ASAP. This book can help. P.S. Learn to LOVE broccoli : )

2 of 2 people found the following review helpful. Great Book By Dave Great book, different view on sugars and how body processes them. Have used this as a guide for last 2 years, feel good and have maintained healthy weight. Worth the read

The #1 bestseller that offers "a ground breaking, science-based, easy-to-follow prescription. Start your journey to healing now!" - Mehmet Oz, MDDr. Mark Hyman reveals that the secret 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, this book also teaches readers 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.

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

performed a great service, this time by providing a blueprint for attacking diabetes for individuals struggling with its complications and for the larger community, where it is a major economic as well as major health problem." Arthur Agatston, MD, author of *The South Beach Diet* "If you have struggled with weight and ill health, you will find a new doorway to wellness through Dr. Hyman's solid science-based, personalized solution." Deepak Chopra, MD "Dr. Hyman has done it again with a lucid description of the causes of the diabetes epidemic and a powerful treatment program. *The Blood Sugar Solution* is a must-read for anyone anywhere on the spectrum between mild insulin resistance and full-blown Type-2 diabetes--a groundbreaking, science-based, easy-to-follow prescription. Start your journey to healing now!" Mehmet Oz, MD "The Blood Sugar Solution is spot-on accurate. This is a blueprint for restoring the health of our nation!" Christiane Northrup, MD, author of *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause* "In *The Blood Sugar Solution*, Mark Hyman maps a road to health that will benefit anyone. Read it for yourself, your family, your friends. Give this book to the people you love." Daniel Goleman, author of *Emotional Intelligence* "Let Mark Hyman be your guide and your teacher as you create a happy, healthy body filled with sustainable energy and balance. I can't say enough about this brilliant pioneer, and once you read his book, I know you will agree." Kris Carr, author of *Crazy Sexy Diet* "If you want to be empowered to change your life, lose weight, and get to the bottom of chronic health problems, *The Blood Sugar Solution* by Dr. Mark Hyman will take you all the way there. Read this book and solve your struggles with weight, diabetes, and other diseases forever." Jack Canfield, coauthor of the *Chicken Soup for the Soul* series "Dr. Hyman once again nails the problems and provides real solutions." Joseph Pizzorno, ND, coauthor of *Encyclopedia of Natural Medicine* "Dr. Mark Hyman offers life-giving hope to a world plagued by diabetes. Learn from him and you will surely lower your blood sugar--and most likely live longer and better." James S. Gordon, MD, founder and director of The Center for Mind-Body Medicine and author of *Unstuck* "Dr. Hyman has a unique ability to see past the many adverse effects of a lifestyle at odds with health to the underlying causes both within and all around us. He provides detailed guidance for both individuals and the population to avoid the perils of obesity and chronic disease--and get to health." David L. Katz, MD, Director, Yale University Prevention Research Center "Functional medicine pioneer Hyman... points to imbalances in seven body systems that cause life-altering chronic illness. Quizzes, shopping lists, recipes, and tips for overcoming obstacles will keep readers on track, while Hyman's memorable terminology, passion, and simplicity will keep them highly motivated." Publishers Weekly "Hyman's book is mindful, comprehensive and impeccably organized...An avalanche of vital information and advice from an enthusiastic wellness expert." Kirkus "Dr. Hyman makes managing your health simpler than you ever thought possible. There's no time like the present to get started. Start today!" Rick Warren "Diabetes is completely preventable and even reversible for most people--today--simply by changing diet and lifestyle. In *The Blood Sugar Solution*, Dr. Mark Hyman shows you how." Dean Ornish, MD About the Author 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*.