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3. Seven Myths About Obesity And Diabetes That Keep Us Sick 21 4. Food Addiction: Fixing Your Brain Chemistry 36 5. How Big Food, Big Farming, And Big Pharma Are Killing Us 46 6. Functional Medicine: A New

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And It Only Takes 10 Days Or Less. That's Why I Created The Blood Sugar Solution 10-Day Detox Diet. I Invited More Than 600 People To Try It Out, And They Lost More Than 4,000 Pounds In 10 Days. Mark Adam Hyman (born November 22, 1959) [citation Needed] Is An American Physician And New York Times Bestselling Author. He Is The Founder And ... Jun 3th, 2024

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By Dr. Mark Hyman

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