Reach your dream weight with the “diabesity” cure that shuts down fat genes and stops diabetes!

When we heard rumors that a famous anti-diabetes crusader had figured out the absolute fastest way to lose weight, we had doubts—doubts that were quickly erased! The reason? Readers who tested the groundbreaking plan for us shed nine, 11, 14, even 16 pounds in a single week! Of the hundreds of diets we’ve tested, none has ever produced such huge numbers. “I’ve struggled with diets most of my life, and I’ve never been able to lose so much in such a short period. I’m thrilled!” confirms 16-pound-loser Monica Hoffmann, 49, a New York reader. Adds Michigan reader Anne Rivard, 54, down nine pounds: “I accomplished more in seven days than in two months on other diets. And I only felt hunger when it was time to eat!”

Could the same plan work wonders for you, too? Yes, it can! The key: “Putting your genes on a diet,” insists Mark Hyman, M.D., author of The Blood Sugar Solution. Dr. Hyman bases his fast-acting approach on new science that shows certain foods actually increase the activity of genes linked to faster fat burning while decreasing the activity of genes linked to weight gain and diabetes. “There’s already proof that over 60 different genes are affected—and the number is likely much higher than that,” he says. “When I went looking for the most effective medicine to fight weight gain and diabetes, I found it’s what you put on your fork.”

What you’ll eat
For maximum gene-altering, waist-shrinking, health-restoring benefits, Dr. Hyman recommends anyone with more than 10 pounds to lose try his six-week detox diet. He created it as a blitz treatment for patients with “diabesity”—excess pounds that increase diabetes risk. Dr. Hyman’s plan gives the body a break from any food or ingredient with potential to stimulate diabesity-promoting genes; that means there are no sweeteners, processed foods, grains, dairy, gluten or caffeine. His diet also emphasizes nutrients with the power to rev up anti-diabesity genes—such as fiber, antioxidants, omega-3s and more. It all translates into meals built around unlimited portions of non-starchy vegetables, healthy servings of protein and dashes of good fat. Anti-diabesity dieters also enjoy a daily serving of berries and healthy snacks. (After six weeks, wholesome options skipped during the diet are gradually added back.) “The food will surprise you,” promises California mom Chloe Chiquita Seals. “You start eating it, and you’re like, ‘Wow! I’m full; I’m energized; I’m motivated; I’m getting skinny!’” So far, Chloe has shed 125 pounds.

Science behind the magic
Not convinced either a Twinkie or a broccoli spear can actually penetrate your DNA and change the way your genes function? Consider this: A team of European researchers watched it happen with their own eyes! The scientists fed two groups of pre-diabetics nearly identical diets—same

Chloe lost 125 pounds!
At 260 pounds, “I used food as my comfort, my stress-reliever, my everything,” recalls California mom Chloe Chiquita Seals, 45. Countless diets failed before she joined a church group using Dr. Hyman’s plan. “I learned to substitute healthy, natural foods for sugary, processed junk. From the start, I wasn’t hungry. I didn’t need naps anymore—and the weight was really coming off!” Now 135 pounds, “my health and my metabolism have been transformed!”

Chloe’s best tip: Beat “gymphobia”!
“At first, I was too shy for the gym, so I found great ’80s music on YouTube, and I’d just dance away!”

To learn more about Chloe’s story, check the blog TotalPurpose.com.
calories, carbs, fat and protein. The only difference was that one group ate more foods rich in natural antioxidant compounds called lignans (“which are found in plant fibers and seeds,” notes Dr. Hyman). Using sophisticated scanning techniques, the scientists were able to actually observe diabesity genes being switched off and anti-diabesity genes being switched on. “These genes impact everything from hunger to hormone function and metabolism,” Dr. Hyman explains. “And the most amazing part was that the genes changed in such a short time.”

It’s also worth noting that Dr. Hyman’s plan offers benefits beyond gene boosting. By replacing foods that spike blood sugar (like sweets and white flour) with foods that stabilize blood sugar (like protein and veggies), it reduces production of the hormone insulin. “Insulin is a fat-storage hormone and anything that triggers inflammation can cause or worsen insulin problems,” says Dr. Hyman.

All of these factors—reduced inflammation, improved insulin, improved gene activity—work together to “make weight loss and other health benefits happen much faster,” he says.

Gene advantage!

“If you know how to eat to turn the right genes on and off and to regulate your hormones, hunger is not an issue,” promises Dr. Hyman. In fact, effortless appetite control is the biggest difference you’ll experience on this plan compared to other healthy diets you’ve tried. That and the huge results. “The weight loss happens automatically and equally at any point from five to 10 pounds in the first week is average and then 15 to 60 pounds in six weeks,” he promises. So what are you waiting for? Urges Chloe: “Get started yesterday!”

The fastest-acting diet ever!

Our nutrition team followed Dr. Hyman’s guidelines to create these yummy menus for you to try. Dr. Hyman recommends that you eat a meal or snack once every three to four hours. Drink as much water (preferably filtered) and decaf green tea as you like. Avoid caffeine and sweeteners of all kinds; limit added sodium.

Breakfast choose one daily

Anti-Diabesity Morning Shake: Blend 1 serving protein powder (any variety except whey, which is a dairy food), 1 Tbs. flaxseed oil, 1/2 cup frozen berries, 1 cup filtered water

2 eggs prepared with 1 tsp. olive oil and unlimited herbs and non-starchy veggies 1/2 cup berries

Lunch choose one daily

3 oz. chicken breast prepared with 1 tsp. olive oil and seasoning to taste

Unlimited steamed non-starchy vegetables

15 almonds, walnut halves or pecan halves

1/2 cup beans, 1/2 cup artichoke hearts, unlimited mixed greens, 1 Tbs. olive oil, vinegar and seasonings to taste

15 almonds, walnut halves or pecan halves

3 oz. shrimp, lemon juice to taste

Unlimited sautéed baby spinach prepared with 2 tsp. olive oil, seasoning to taste

15 almonds, walnut halves or pecan halves

Snacks choose 1-3 daily

1/2 avocado with lemon juice, salt and pepper to taste or 1/4 cup homemade guacamole

Unlimited sliced non-starchy veggies

1/4 cup hummus, unlimited sliced veggies

1 “Angel” Egg: Mix yolk of 1 hard-cooked egg with 1/2 tsp. extra-virgin olive oil, 1/2 tsp. minced dill pickle and pinch of salt; fill egg white and enjoy

Dinner choose one daily

3 oz. salmon or any fish breaded with lemon and herbs to taste

1/2 cup beans, any variety

Unlimited non-starchy vegetables sautéed in 2 tsp. olive oil, seasoning to taste

3 oz. grass-fed lean beef, 1/4 cup hummus

Unlimited grilled or broiled tomato and bell pepper, 1 Tbs. olive oil

3 oz. turkey or chicken breast prepared with 1 tsp. olive oil, herbs to taste

Unlimited broccoli or cauliflower, 2 tsp. olive oil

1/2 cup edamame (steamed soybeans)

What do I do after six weeks?

Keep eating more or less the same way, but experiment with additional foods. Try eating dairy 2-3 times a day for 3 days. As long as you don’t experience increased cravings, stuffiness, bloating or weight gain, continue to make dairy a part of your healthy meals. Wait 3 more days, then add whole-grain foods (like cereal, whole-wheat bread and pasta) 2-3 times a day for 3 days. If you don’t notice any changes in your health within 72 hours, you’re good to go! Get more info at DRHyman.com.