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Mark Hyman, MD, is the director of the Cleveland Clinic Center for Functional Medicine, Board President of Clinical Affairs on the board of the Institute for Functional Medicine, and founder and director of The UltraWellness Center. He is the bestselling author of numerous books, including *Food; Eat Fat, Get Thin*; *The Blood Sugar Solution 10-Day Detox Diet*; and *The Blood Sugar Solution*.

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