



Sugar Detox: Learn How To Beat Sugar Addiction, Stop Sugar Cravings, Increase Energy and Lose Weight (Sugar Detox for Beginners, Sugar Free Diet Recipes, Weight Loss)

Carol Klein

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Sugar Detox for Beginners

Learn How To Beat Sugar Addiction, Stop Sugar Cravings, Increase Energy and Lose Weight

This book is filled with valuable information on everything from why you should consider going on a Sugar Detox to offering you some great no-sugar added deserts to 30 Days of Detox meal plan suggestions.

You will be offered suggestions on how to beat your sugar addictions and cravings in a healthy manner and loose weight while doing it.

Eating too much sugar in our diets is a big problem that we face here in North America this is something we need to address and take seriously especially when the numbers of our children suffering from obesity are increasing.

We need to seriously look at trying to reduce our sugar intake more than ever now that sugar has been found to have connections to heart disease – the number one killer in the world today!

This book will offer you guidance on how to reduce the added sugars in your diet with an assortment of meal suggestions and recipes that will enable you to enjoy some healthy meals that are not packed with added sugars. Enjoy these healthier meal choices while losing weight at the same time!

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James Fong:

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