



Sugar Detox: Sugar Detox for Beginners: Sugar-Free Diet to Stop Sugar Addiction and Bust Sugar Cravings to Get More Energy and Lose Weight (Paperback)

By Jenny Brock

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Sugar Detox for Beginners Sugar-Free Diet to Stop Sugar Addiction and Bust Sugar Cravings to Get More Energy and Lose Weight Sale price. You will save 66 with this offer. Please hurry up! Sugar addiction is among the top addictions in North America today and is costing us more than just money for medical bills. It is making us overweight, arthritic, depressed and more. So what can you do about your own addiction to sweets? You can follow the tips in this book. In Sugar Detox for Beginners, you will find information about how extra sugars came to be in our diets and why a little sugar is necessary, but too much is deadly. I lay out a nutritional plan for you to bust your sugar habit in seven days. As well, I provide you with: tips to make it easier to start the detox diet, support for your energy levels during the week-long detox, how to maintain your healthy eating after the week-long detox. You can beat your sugar addiction and lead a healthy life for years to come. And lose a...

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