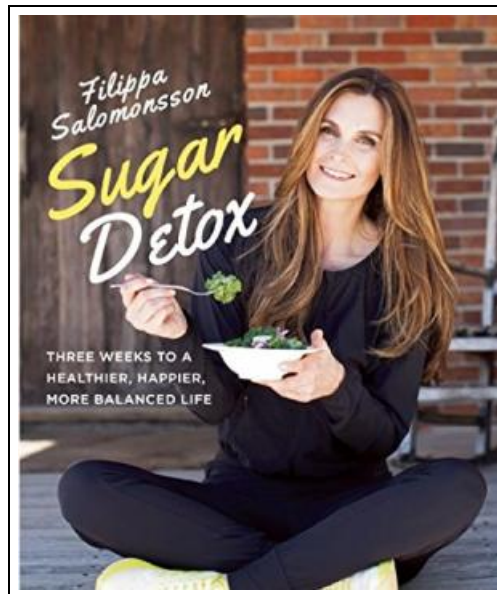


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Skyhorse Publishing, 2017. Hardback. Condition: New. Translation. Language: English . Brand New Book. In Sugar Detox, you ll learn how your body and mind can be transformed by eliminating one toxic component from your diet--sugar. Holistic health coach Filippa Salomonsson explains how everyday problems such as low energy levels, mood swings, and even weight gain can be eradicated by removing sugar from your diet. With her three-week program, Salomonsson starts you on a life-long journey that shows you how to cleanse and purify your body of unnecessary toxins and keep sugar out of your life for good. In learning how to create and maintain a nutritionally delicious and sugar-free lifestyle, Sugar Detox teaches you how to achieve a balanced relationship with food where sugar will no longer have any power over your choices. Recipes included in this valuable manual include: Colorful quinoa bowl Power loaf with avocado Coco chia pudding Red hot Thai curry Beauty green smoothie And many more! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We ve been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.



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