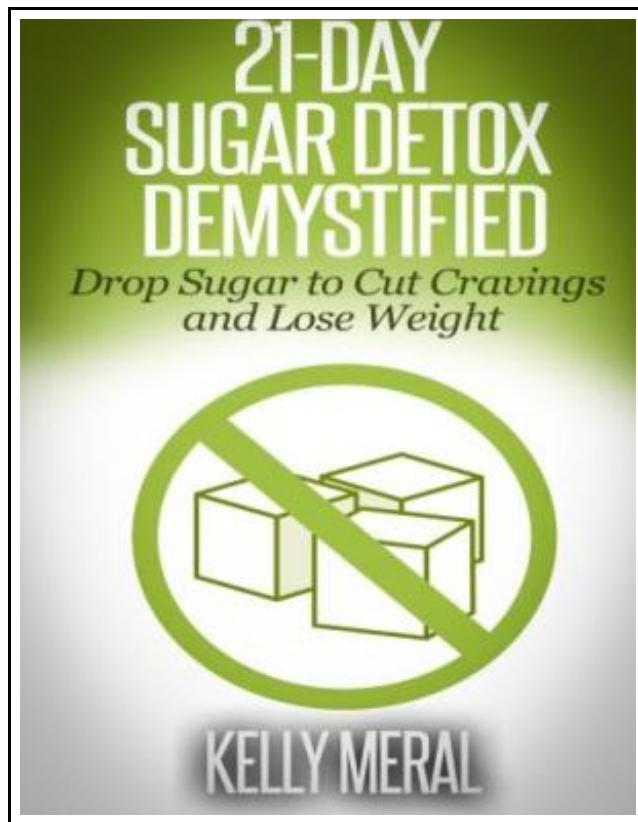


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. 21-Day Sugar Detox Demystified - Drop Sugar to Cut Cravings and Lose Weight Many people do not realize just how much sugar they consume on a daily or weekly basis. Even if you only put a little in your morning coffee, there are plenty of hidden sugars in the foods you eat. Sugar is not only a high-calorie food, but it can also have devastating effects on your body - it can contribute to a number of serious conditions including Type 2 Diabetes and heart disease. If you are serious about improving your health and kicking sugar cravings for good, you may want to consider a sugar detox. A sugar detox does not have to be complicated - in this book you will learn all of the basics that you need to know to understand what a sugar detox is and how it works. Here you will find a brief overview of how sugar affects your body and a quiz to determine your own level of sugar consumption. From there you will move on to learning what foods you can and cannot eat on the detox. In the middle section of this book you will receive a collection of sugar-free recipes for breakfast, lunch, dinner and snacks to help get you started on your detox. Then, once you finish the detox, you will find some tips for re-introducing sugar into your diet, should you choose to do so. If you have ever thought about a sugar detox, this book is a valuable resource to have.

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