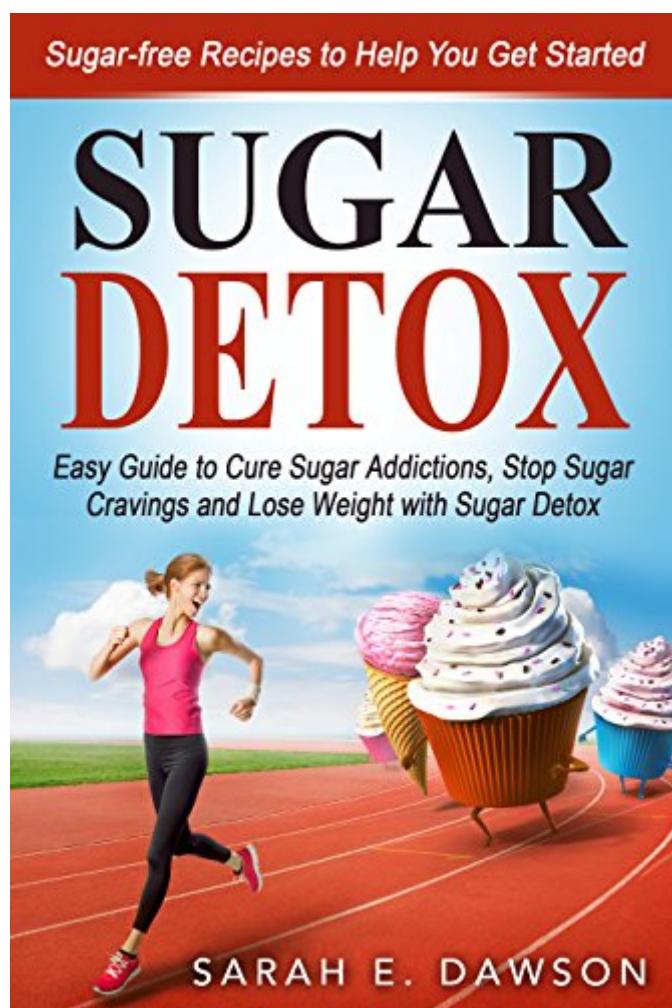


The book was found

Sugar Detox: How To Cure Sugar Addictions, Stop Sugar Cravings And Lose Weight With Sugar Detox Easy Guide (Include Sugar-free Recipes To Help You Get ... Free Recipes, Detox Diet, Detox Cleanse)





Synopsis

Are You Addicted to Sugar and Find it Difficult to Stop Those Sweet Cravings? Discover How To Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easily! Claim Your FREE BONUS When You Download Today! Download this Bestseller NOW! Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Most people are now extra cautious with their salt intake because of its negative effect of increasing the blood pressure that can eventually lead to various heart-related diseases. We are also wary of saturated fats as it increases the bad cholesterol level, but what we are not aware of is the hidden culprit for a number of health problems that is silently lurking in our cupboards and hidden in most foodâ "sugar. Millions of individuals are addicted to sugar and are seemingly unaware of its adverse effect aside from weight gain. Sugar can:â ¢ suppress the immune systemâ ¢ cause premature ageingâ ¢ cause tooth decayâ ¢ increase fluid retentionâ ¢ known enemy for regular and good bowel movementâ ¢ cause depression or mood swingsâ ¢ cause/contribute to arthritis, Crohnâ ™s diseases, asthma, gallstones, appendicitis, heart disease, multiple sclerosis, diabetes and moreâ ¢ cause concentration difficulties, crankiness and hyperactivity in children. The reality is that we have developed a habit of overconsumption of this highly-addictive substance. The average consumption of sugar in the US is more than double of the suggested intake by the World Health Organization (WHO); and this is a very alarming figure. If you want to start leading a healthier lifestyle, free yourself from sugar addiction and its ill benefits, you have clear your system of this deadly substance. With Sugar Detox: Easy Guide to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox, I will arm you with essential information needed to fight the sugar addiction epidemic. We will put an end to your sugar cravings and most importantly, help you lose weight through a 21-day sugar detox journey. Sneak Preview of the Sugar Detox... The Truth about SugarSugar AddictionUnderstanding Sugar Detox and its BenefitsStart the 21-Days Sugar DetoxHealthy Sugar-Free RecipesAnd much more! Download your copy of "Sugar Detox" today! Jump start a healthier you! Make a choice and try sugar detox now and achieve your optimal health!

Book Information

File Size: 1414 KB

Print Length: 32 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 5, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00Z23ZJLU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #819,828 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #7 in Kindle Store > Kindle eBooks > Medical eBooks > Special Topics > Transportation #30 in Books > Medical Books > Medicine > Transportation #373 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Reference

Customer Reviews

What a informative book by Sarah. The past couple of years I attained a sweet tooth and I'm constantly craving sugar. I find that I'm constantly eating food that contains a high volume of sugar. I recently decided to cut back on my sugar consumption. This book provides great tips on how to limit your sugar consumption and even provides a couple of yummy recipes. I highly recommend this book to anyone wanting to reduce their sugar intake.

Having noticed the terrible effects sugar has had already in my life I bought this book for some guidance and have been super lucky to benefit from it in every single sense. It is clear, precise and guide proper guidance on what to do, what not to do, and basically get this horrible sugar addiction out of your system. Thanks.

I picture myself in the girl at cover. I have to run away with sweets now! I'm on the edge of being a sugar addict and before it will get worse I decided to take action and break it now. I say yes in the 4 questions in this book before proceeding in detoxification. It is a 21 day plan and good thing I know the ups and downs the do's and don'ts on the process. I'm expecting to overcome it and I'm positive that I will with the help of this book. It's going to be my reliable buddy in the next days.

Due to bad diet planning, my morning motivation was drastically effected. I found that this was due to my lack of sugar in take. Originally, I was going to increase my natural sugars and have been

reading up a lot about smoothies but after seeing this book, I believe there is some other alternatives I may be able to try!

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