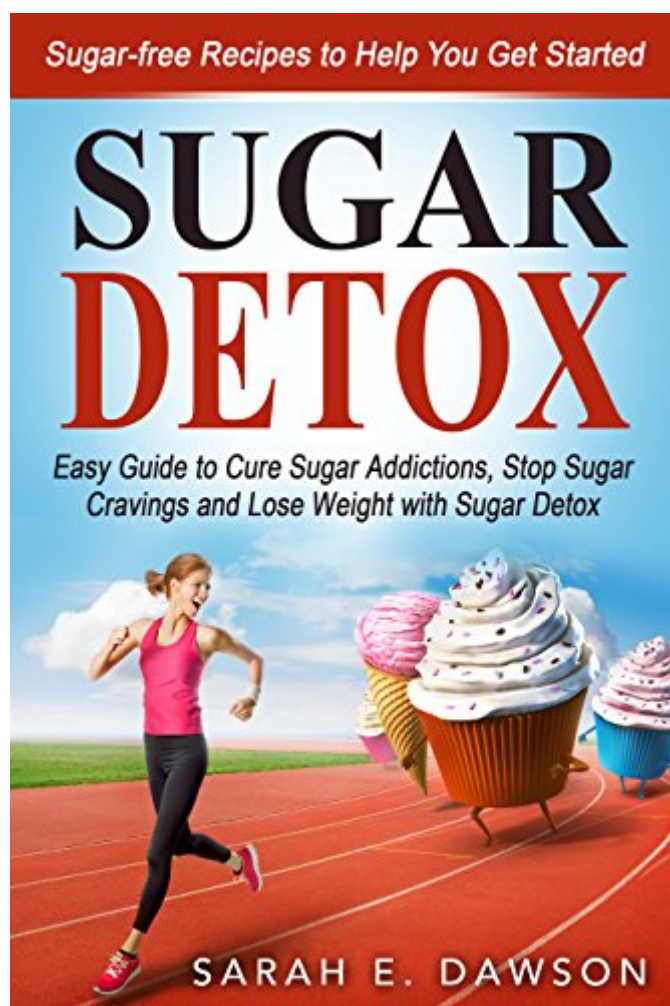


The book was found

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 food – sugar. Millions of individuals are addicted to sugar and are seemingly unaware of its adverse effect aside from weight gain. Sugar can:

- suppress the immune system
- cause premature ageing
- cause tooth decay
- increase fluid retention
- known enemy for regular and good bowel movement
- cause depression or mood swings
- cause/contribute to arthritis, Crohn's diseases, asthma, gallstones, appendicitis, heart disease, multiple sclerosis, diabetes and more
- 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 Sugar Sugar Addiction Understanding Sugar Detox and its Benefits Start the 21-Days Sugar Detox Healthy Sugar-Free Recipes And 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

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Customer Reviews

I guess I expected a more direct way with more direction in the way of detox. Everything is pretty general and didn't give enough direction. I couldn't believe the amount of typos throughout (practically one to two on every page!) The recipes were nice but suggesting french toast seems to be defeating the purpose. French Toast reminds me of something sweet which is what I need to stay away from. I am still going to attempt the detox but not much to come back to this book for.

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.

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't s 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.

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 enjoyed it. Really eye opening to the effects of sugar. Great read! I will start my detox next week!

I was expecting more. It was very vague.

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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) 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure, Fatty Liver diet, Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Souping: The New Juicing - Detox, Cleanse & Weight Loss (Detox, Cleanse, Weight Loss, Juicing, Gluten Free, Gut Health, Souping) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Superfood

Cookbook: Fast and Easy Soup, Salad, Casserole, Slow Cooker and Skillet Recipes to Help You Lose Weight Without Dieting: Healthy Cooking for Weight Loss (Cleanse and Detox Book 1) Fruit Infused Water - 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) South Beach Diet Smoothie Cleanse: Weight-Loss, Detox, Anti-Aging , Quick and Delicious South Beach Diet Smoothie Recipes to Lose Weight, Boost Brain Power and Increase Energy Ketogenic Diet For Beginners: The Step By Step Guide and 25 Recipes to Help You Get Healthy and Lose Weight Fast (Cookbook, Easy Recipes, Keto Diet, Ketosis, Weight Loss,) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight)

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