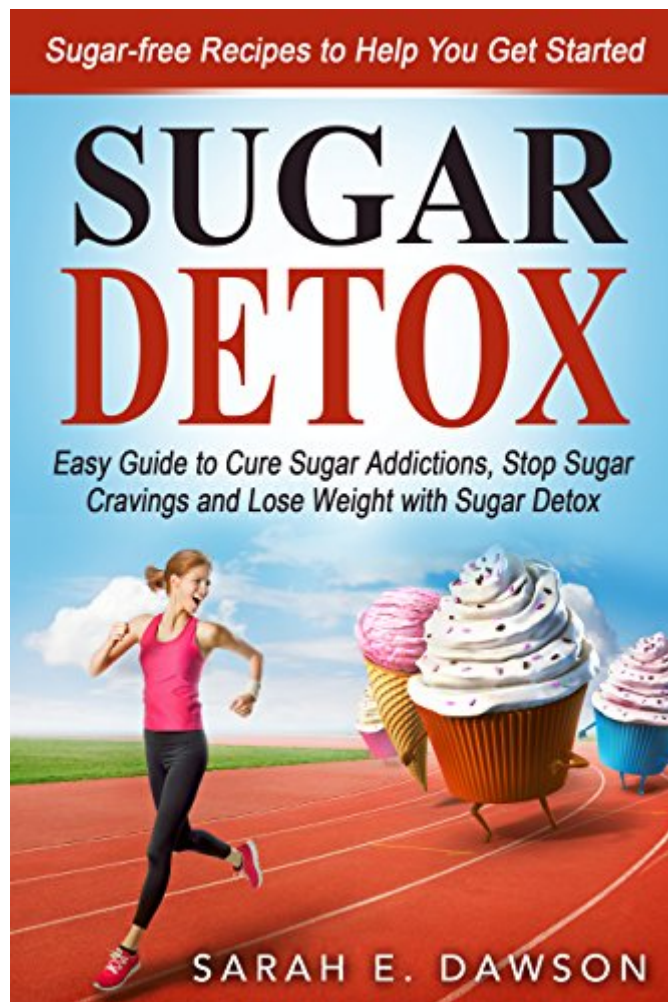


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# **Sugar Detox: How To Cure Sugar Addictions, Stop Sugar Cravings And Lose Weight With Sugar Detox Easy Guide (Include Sugar-free Recipes To Help You Get ... Free Recipes, Detox Diet, Detox Cleanse)**





## 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**

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'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.

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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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) Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included 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,) Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, Tea ... Tea Cleanse Diet, Weight Loss, Detox) Fatty Liver : The Fatty Liver Cure, The Ultimate Principles To Reverse A Fatty Liver And Lose Weight NOW ! (Fatty Liver Cleanse,Liver Cleanse, Liver Detox,Cleanse Diet,liver cleansing diet) Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss,detox smoothie recipes, sugar detox,detox cleanse juice,detox ... - detox smoothie recipes Book 260) Cravings Buster, Stop Cravings and Lose Weight with Hypnosis & Meditation: Better Health and Diet Help Liver Detox Cleanse :The Natural Liver Detox Cleanse, A Proven 7 Day Program to Cleanse your Liver, Lose Weight and Reclaim your Health. 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) Flat Belly Tea Cleanse: A Fast and Easy Approach on How to Lose Inches Off Your Waist, Boost Metabolism and Burn Excess Body Fat (7 day,tea cleanse,belly fat,diet,weight loss,lose,detox Book 1) 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,) 10 Day Green Smoothie Cleanse: Detox Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook (smoothies, green smoothie recipes, ... cookbooks, smoothies , sugar detox) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet,No carbs diet,Low Carbs food list,high protein diet,rapid weigh loss,easy way to lose weight,how ... way to lose weight,how to lose body fat)) Superfoods Today Red Smoothies: Energizing, Detoxifying & Nutrient-dense Smoothies Blender Recipes: Detox Cleanse Diet, Smoothies for Weight Loss Diabetes, Detox Green Cleanse for Weight Loss Energy Box Set #1: The Natural Fatty Liver Cure + The Fatty Liver and Weight Loss Solution ( fatty liver, fatty liver cure,fatty liver diet, milk thistle, cirrhosis, fat chance, cleanse diet, detox diet) Souping:

The New Juicing - Detox, Cleanse & Weight Loss (Detox, Cleanse, Weight Loss, Juicing, Gluten Free, Gut Health, Souping) 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) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan)

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