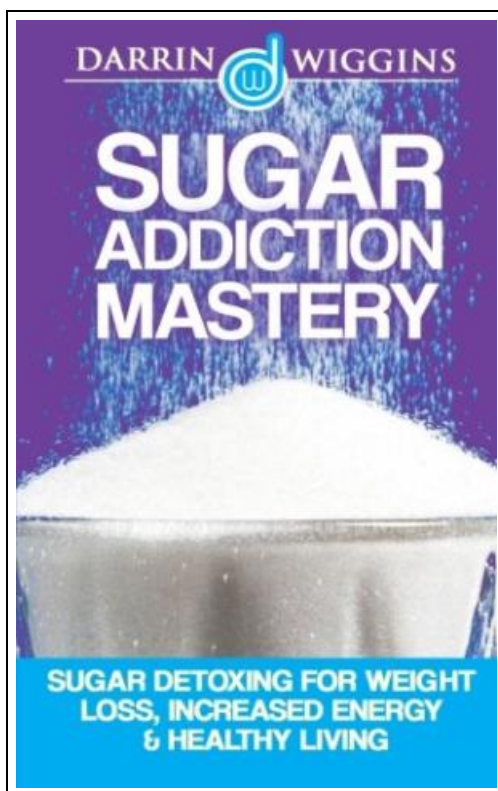


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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you looking for a smart and easy solution to eliminating the sugar in your diet? Sugar Detox Simplified Have you been trying to drop your sugar habit but continue to fail miserably? Sugar is hidden in almost every food you eat. Actually, sugar is in every food you eat and the key is in knowing what is bad sugar and what is good sugar. Then it comes down to understanding how much of the good sugar to keep in your diet. You will discover exactly this when going through a sugar detox because the dietary changes you make are the ones you stick with going forward. Sugar Addiction Is No Laughing Matter The author has been through his own sugar detox twice because he didn't take the power of sugar addiction seriously the first time. It is easy to fool ourselves into thinking we got it all figured out and have cured ourselves. What is even scarier is the number of people who have a sugar addiction, but do not realize it. People have no idea that the excess amount of sugar in their diets isn't actually normal. Only through the dietary changes of a sugar detox can we learn what normal really means when it comes to leading a sugar free life. This would explain why the CDC has stated that millions of people are on the verge of having diabetes and don't even know it. Type 2 diabetes is preventable for the most part and yet it is becoming an epidemic. This all stems from consuming excessive amounts of sugar and not realizing the harm it does to our bodies. Defining A Sugar Free Life You need a solution to your...



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