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10 Day Sugar Detox Diet: Smash Your Addiction and Cravings! Lose Weight! Includes 10 Day Meal Plan and 30 Savory Recipes.

By Francesca Dimarco

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Is sugar physically and emotionally addictive? Do hormones trick our bodies into thinking we are starving when we are actually overweight? Does the omnipresence of sugar and high fructose corn syrup contribute to obesity and disease? What about zero calorie substitutes? The 10-Day Sugar Detox is a blueprint to reset your fat storage hormones and work with them instead of against them for effective weight loss. It answers the following questions: Are we genuinely addicted to sugar? This book takes a magnifying glass to the research and probes the idea of sugar addiction and its ramifications. It separates the myths from the evidence surrounding sugar addiction, and sheds light on how sugar might affect our behavior. How do hormones trick our bodies into thinking we need to eat even when we are full? Understanding the way sugar affects the hormones that regulate fat storage and release in the body is the key to explaining why so many diets fail. The 10-Day Sugar Detox explores how our bodies track our fat storage and know when to conserve energy, and...



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