



## Sugar Detox: Sugar Detox Recipes to Beat Sugar Addiction, Lose Weight and Achieve Optimal Health (Paperback)

By Amanda Hopkins

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Sugar Detox for Beginners, Sugar Detox Recipes Beat Sugar Cravings Naturally Do you regularly struggle with sugar cravings? Are you ready to learn more about sugar detox? Recent research has shown that sugar can be just as addictive as drugs like heroin and cocaine. You may have a sugar addiction without even realizing it given that sugar is present in a vast range of foods and beverages including cookies, candy, ice cream, juices, soda and even bread. Eating excessive amounts of sugar can result in problems like weight gain, tooth decay, diabetes and hypertension. Sugar Detox shares the most effective strategies for detoxing your body from sugar and its many harmful effects. When you read this book you ll discover: Why so many people constantly crave sugar The health effects of being addicted to sugar Why sugar detox is so important Tips on performing a successful sugar detox You ll also get: Breakfast recipes for sugar detox Lunch recipes for sugar detox Smoothie and snack recipes for sugar detox Dinner recipes for sugar detox Sugar...



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