

Sugar Detox for Beginners: The Ultimate Sugar Detox Guide with Recipes and Meal (Paperback)



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Reviews

A whole new eBook with a brand new point of view. It is really simplistic but surprises in the fifty percent of the publication. I am just effortlessly can get a delight of looking at a written ebook.
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SUGAR DETOX FOR BEGINNERS: THE ULTIMATE SUGAR DETOX GUIDE WITH RECIPES AND MEAL (PAPERBACK)

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Few people a few years ago heard about the internet dependence or video games addiction. Eating habits also include a fairly large group of bad habits. Doctors increasingly define obesity as a disease of the XXI century. Tempting sweet desserts cause dependence on sweets because sugar is addiction is 8 times stronger than cocaine. Today, people who are unable to cope with food addiction and are increasingly turning to specialists. The desire to constantly eat sweets can now be attributed to one of the types of drug addiction. Since dependence on sweet causes loss of control over behavior and dependence of well-being on substances entering the body. Aside from being addictive, sugar brings much harm to the health of our body. Do you think that you eat too many sweets? Do you love sweets, although you know that they are harmful to your health, but you cannot deny yourself a little pleasure? Even if you do not have a sweet tooth, but regularly eat takeouts and ready to eat, packaged food, like sauces, soups, yogurts, soda and energy drinks, granola bars, you are loading yourself with hidden sugar and might be experiencing its harmful effects. It would be enough for you to start changing your eating habits. However, giving up sugar is not easy. Learn how you can fight dependence on sugar and how to easily control your sugar cravings in this book. The recommendations and tasty recipes will help you to detox your body from sugar without even noticing it. This book includes the following topics: -What is Sugar Detoxing and Why Do You Need it? -Sugar Detoxing Benefits -How to Prepare for Sugar Detoxing -Sugar Detoxing Recommendations -What to Include in...



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