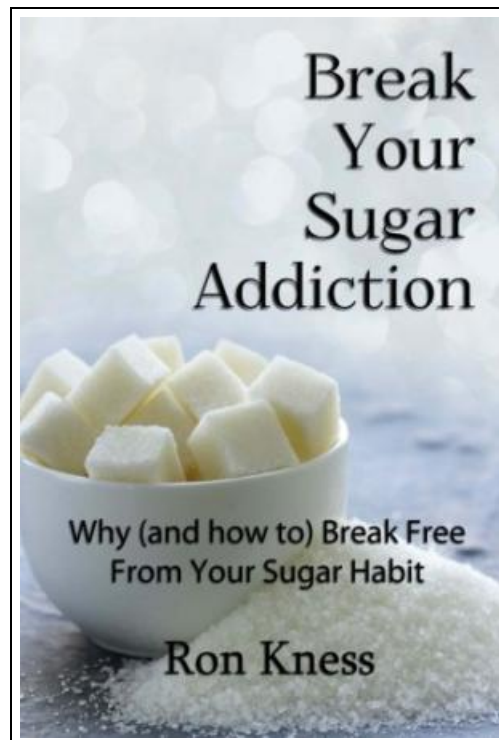


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Reviews

A superior quality publication and the font employed was exciting to read through. It is among the most awesome book i have read. I am effortlessly could get a enjoyment of reading a created publication.
(Ettie Kutch)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Does it seem like regardless of what you do, you can't seem to stop those sugar cravings. That's because your brain is rewired to constantly make you dip into the cookie jar to feed your sugar monster. It's called an addiction. The secret that food manufacturers try so hard to hide from you is the fact that your brain craves sugar, continuously and subconsciously causing you to eat unhealthy, sugar-filled foods. You are feeding the addiction and increasing their profits. When you eat foods packed with unhealthy, processed, refined sugar, you are robbing yourself of the 2 most priceless commodities in the world . . . longevity and health. Sugar ages you prematurely, and takes years off of your life. It is incredibly addictive, found in up to 75% of the processed foods you eat, and even eating so-called healthy amounts can lead to a long and scary list of health problems. When you eat sugar, unhealthy deterioration happens inside and outside of your body. It seems every year we learn more and more how truly poisonous and toxic even small amounts of man-made sugar can be. In this health-boosting book, you discover . . . - That sugar is more addictive than crack cocaine and heroin - The dozens of names food manufacturers hide sugar under - The problem with natural sounding sugar substitutes - That many healthy foods are actually packed with unhealthy levels of sugar - The way sugar makes you unconsciously crave foods that are bad for your health - The real carbohydrate/sugar relationship that is the key to quick and sustainable, healthy weight loss - The simple physical activity that even toddlers can perform...



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