



The 14 Day Sugar Detox Diet: Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings, Lose Weight Easily, And Feel Amazing (Sugar detox, Sugar ... cure, Low sugar diet, Insulin resistance)

Sara Givens

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Sugar Detox: 14-Day Sugar Detox Diet: Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings, Lose Weight, And Feel Amazing!

Today only, get this amazingly simplistic and very popular Sugar Detox Book for just \$8.79 cents Regularly priced at \$12.99. The bitter truth about sugar: It's addictive, it's harmful and it's *absolutely abundant!* More and more evidence suggests sugar is the primary culprit when come to not just obesity, but also chronic disease and illness. There's really no doubt any longer that excess sugar is *toxic* to your body. It's only a matter of time before the medical community fesses up will that sugar is the smoking gun behind most cancers and other diseases. Excess sugar can also wreak havoc on your skin, energy levels and the scale.

Does the following sound familiar?

- Doctor says you've got health issues due to aging and prescribes medication
- You're depressed and you're prescribed antidepressants
- For years you've been eating nonfat and low fat foods
- Fat-free is your mantra
- You're told grains are healthy
- Weight increase no matter how little you eat
- You tire easily and always feel exhausted
- Body aches, especially in your joints
- Feelings of being powerless, especially where your body is concerned
- Almost given up losing weight
- Low confidence because of the way you look and feel
- You have problems focusing and concentrating
- You blame your age, thyroid, menopause, and genes

If you think cutting out a few desserts is the answer, you are just setting yourself up for failure. Giving up late night snacks or passing on the birthday cake will barely make a dent if you're still eating a "standard American diet".

HOW DO I KNOW IF THIS BOOK IS RIGHT FOR ME?

- Do you crave sugar all day, every day—or even a few times a week?
- I'm talking about candy, sweets, chocolate.
- Do you crave carbohydrates? These include bread, cereal (yes, even oatmeal!)
- pasta, rice, pastries, sandwiches, wraps, and breakfast bars.
- Do you feel the need to include something sweet with every meal or snack?
- Do you experience spikes and dips in your energy levels throughout the day?
- Do you often feel tired upon waking in the morning?
- Do you drink alcoholic beverages daily or multiple times per week?
- Are you trying to burn body fat?
- Are you following a low-fat, whole-grain-rich diet that just isn't working?
- Does the way you eat leave you feeling unsatisfied, hungry, and grazing on snacks every 2 to 3 hours?
- Do you follow a clean-eating type of lifestyle like Paleo, low-carb, vegetarian, and whole foods, but still experience carb or sugar cravings?

If you've answered yes to at least one of these questions, then you're the perfect candidate for The 14-Day Sugar Detox. In this book, you'll learn how sugar negatively affects your mind and body, and why artificial sweeteners are even worse for you. You'll learn the many names of hidden sugars, and how to find and avoid them. Most importantly, you'll learn how to break free from excessive sugar consumption, how to 'detox', and then how to reset your sweetness sensors back to natural and normal levels with our step by step 14 day sugar detox meal plan.

Order your copy today!

Hurry! Take action today and order this **AMAZING** 14- Day Detox book for a limited time discount of only \$8.79. Regularly priced at \$12.99.

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From reader reviews:

James Reveles:

As people who live in often the modest era should be upgrade about what going on or info even knowledge to make these individuals keep up with the era which is always change and move ahead. Some of you maybe will probably update themselves by looking at books. It is a good choice for you personally but the problems coming to a person is you don't know what type you should start with. This The 14 Day Sugar Detox Diet: Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings, Lose Weight Easily, And Feel Amazing (Sugar detox, Sugar ... cure, Low sugar diet, Insulin resistance) is our recommendation so you keep up with the world. Why, since this book serves what you want and need in this era.

Paul Erdmann:

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Jo Melvin:

Reading can called mind hangout, why? Because when you find yourself reading a book particularly book entitled The 14 Day Sugar Detox Diet: Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings, Lose Weight Easily, And Feel Amazing (Sugar detox, Sugar ... cure, Low sugar diet, Insulin resistance) your thoughts will drift away trough every dimension, wandering in every aspect that maybe unknown for but surely can be your mind friends. Imaging each and every word written in a reserve then become one application form conclusion and explanation that will maybe you never get just before. The The 14 Day Sugar Detox Diet: Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings, Lose Weight Easily, And Feel Amazing (Sugar detox, Sugar ... cure, Low sugar diet, Insulin resistance) giving you yet another experience more than blown away your head but also giving you useful data for your better life within this era. So now let us explain to you the relaxing pattern the following is your body and mind are going to be pleased when you are finished studying it, like winning a game. Do you want to try this extraordinary shelling out spare time activity?

Teresa Riggs:

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