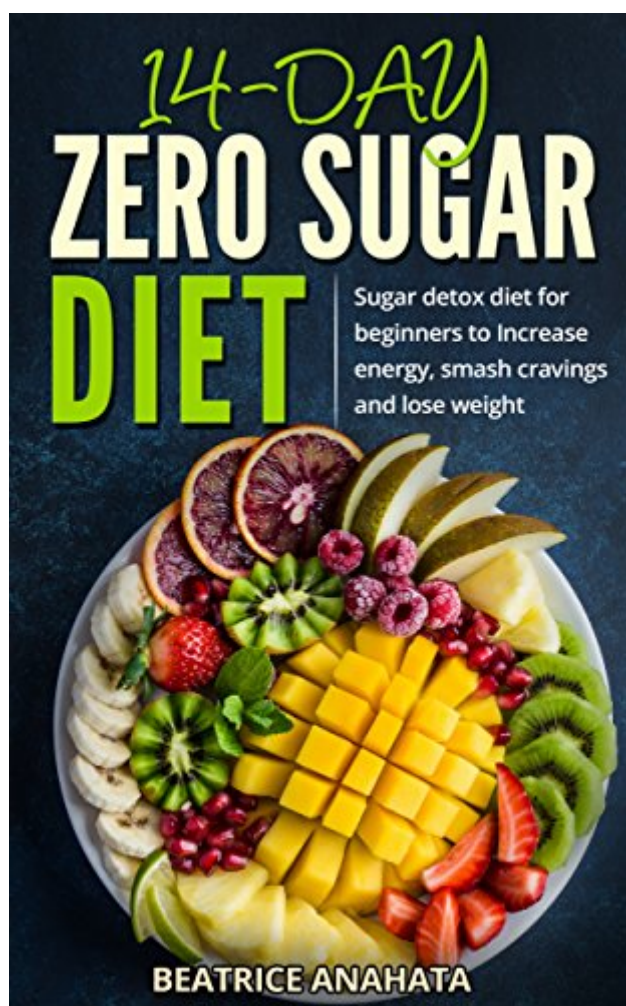


The book was found

14-day Zero Sugar Detox Diet: Sugar Detox Diet For Beginners To Increase Energy, Smash Cravings And Lose Weight.: Sugar Detox Diet For Beginners To Increase Energy, Smash Cravings And Lose Weight.





Synopsis

Get The Amazing Benefits Of The Zero Sugar Detox Diet® - Free Bonus Inside®
Have you struggled with sugar cravings? Have you struggled with making a change that actually stays? - This book gives you the step by step game plan to make it easy and enjoyable for you. This Crash Course Includes Understanding of sugar How sugar harms your body and production Learn how to eliminate it once and for all A Game plan on how to make smarter food choices
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Book Information

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Customer Reviews

Really awesome book with so much helpful information to help me control the amount of sugar in my system. After my dad died of diabetes, i saw need to cut my sugar level, this book pointed out the benefit of detoxifying my self of excess sugar in the body. I also like the set of recipes found here in this book, they are fresh and also easy to prepare. Even those who want to achieve weight loss can as well find this book very helpful too. Good guide, proper formatting and arrangement and the recipes are so accessible in the market.

Eating excess sugar surges the risk of contracting life-threatening heart disease issues. Sugar consists of both glucose and fructose. This book has a 14-day zero sugar detox diet that would be very helpful for those beginners who wish to lose weight.

These fourteen days sugar detox are helpful to sustain sugar level and give you a perfect healthy life style. These recipes are delicious and easy to make combination of fruits recipes are also good and I get this book to see its attractive cover thanks.

Very interesting so far.

I have done sugar detoxes many times and why I always go back to sugar is a real mystery to me. I feel so much better when staying off of it. This book has a sugar detox for people that have been through them before, a detox for people that have never been on one and everything in between. Lots of variety and tips for success. Society traps us into sugar and with the holidays coming up, we haven't got a chance. This book may help you, especially since we all have friends that love to enable.

Since I have been working on lowering my sugar intake, this book has helped me to cut back on where to add sugar. It is something you have to want to do for yourself, and help your children cut back on the use of sugar. This was not for me to lose weight, I just wanted to cut down on the use of sugar for health reasons, and it has helped me.

I thought I could do this but everything has to be done from scratch which is okay but right now I don't have a oven. The recipe look very fatty. So I'll just have to look for a better way. To loose the sugars. I don't want To go from sugar to fatty foods. It don't make sense

The 14 day zero sugar detox is real! I can't believe that this book really worked for me. I feel better now and I still continue doing the guide on this book. I am sure a lot of people will benefit from this.

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