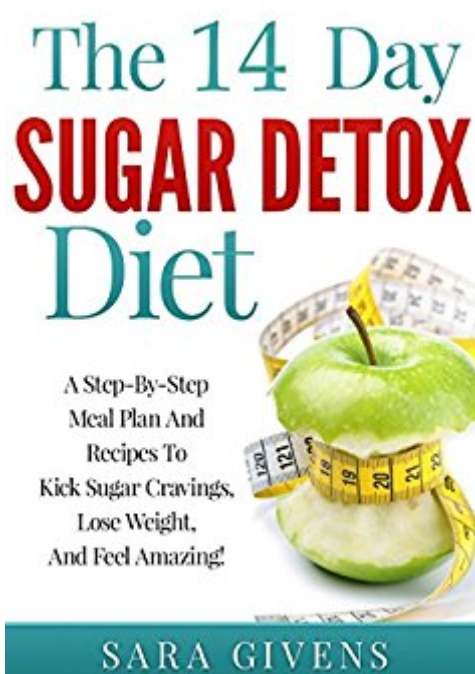


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# **Sugar Detox: Beat Sugar Cravings Naturally In 14 Days! Lose Up To 15 Pounds In 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... Diet, Sugar Free Diet, Low Sugar Diet,)**



## Synopsis

End Sugar Cravings, Lose the Weight and Control of Hunger Pangs! This Book Will Release You From Your Sugar Addiction with the 14 Day Sugar Detox Diet! BONUS - 21 Day Sugar Detox Cook Book, Recipes and Meal Plan!! Get Your Copy Today!! Today only, get this amazingly simplistic and very popular Sugar Detox Book for just \$3.33 cents Regularly priced at \$6.99. Read on your PC, Mac, smart phone, tablet or Kindle device. 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 toâ ^detoxâ ™, and then how to reset your sweetness sensors back to natural and normal levels without step by step 14 day sugar detox meal plan. Download your copy today! Hurry! Take action today and download this AMAZING 14- Day Detox book for a limited time discount of only \$3.33. Regularly priced at \$6.99.

## **Book Information**

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## **Customer Reviews**

I love sweets and I always want to include something sweet in my every meals and snacks. I know that eating too much sweet can be harmful to my health and I want to break free from excessive sugar consumption but I donâ ™t know how to start it. This book gives me step-by-step procedures on how I can make 21 days sugar detox meal plan and it contains here the different recipes on how I can kick my sugar cravings. Exceptional work!

This was exactly what I wanted...short, direct and to the point. I was not in the market for a big thick book with hundreds of recipes I wouldn't try nor having to skim over reading success stories of others....I should point out that, yes, this book does have recipes but concise.

I loved this book about sugar detox. It made it so easy to understand the procedure. I did the detox and I lost 8 lbs in 14 days. I have maintained eating healthy and have not put any of the weight back on. I have so much more energy from doing this program. I highly recommend it to everyone.

Overweight has become a great problem day by day due to unconsciousness. And most of us think that sugar is mostly responsible for this problem. Actually I think so. But after reading the book my thought has changed. The main thing is the quantity of sugar we take not the sugar actually. The writer has told the whole thing briefly in this book. She has given a lot of information & strategy through which we can minimize the amount of sugar in our every meal. Sara Givens has given a step by step meal plan of how to prepare those meals regarded on this. I think this is a great helpful book. Thanks to the author!

This is a book all about sugar the important and necessary element of our daily diet. I found this book interesting and was surprised knowing that we are taking a lot of sugar everyday in different forms. In the book you will learn how sugar negatively affects our body. You will be able to learn how to lead a lower sugar lifestyle which will help you to enjoy a healthier life. I highly recommend this informative book.

I am very addicted when it comes to sweets and I want to stop it because I don't want to have a disease like diabetes. This book gives me deeper understanding to the effects of sugar in our body and this book helps me on how I can kick my sugar cravings. It guides me on how I can do a sugar detox meal plan in the right way. This book will provide us different delicious and healthy meals. Great book!

I love sweet stuff. This book has great content on having a sugar detox diet. Sara Givens is easy to understand and gets straight to the point about what you need to know. This book takes you step by step to learn how to start this diet. The diet only takes 21 days. It's quick and healthy. If you're looking for a healthy change in your life and you don't want to give up sweets, this is the book for you.

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Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes)

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