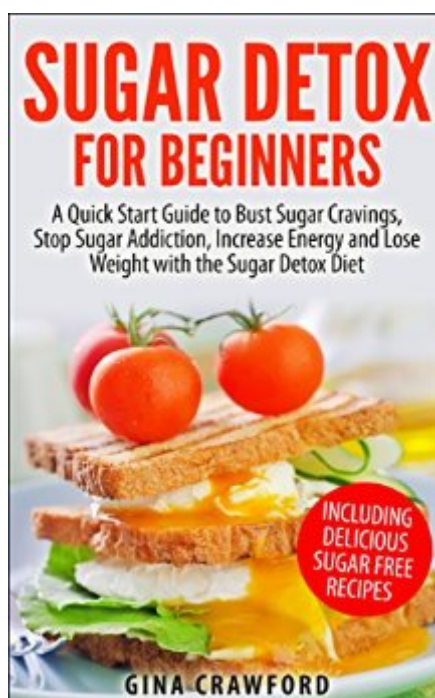


The book was found

Sugar Detox: Sugar Detox For Beginners - A QUICK START GUIDE To Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy And Lose Weight With The Sugar Detox Diet, Sugar Free Recipes Included



Synopsis

Sugar Detox for Beginners â Ready for a sugar detox that will end your sugar addiction for life? With Sugar Detox for Beginners youâre going to discover the best, most effective way to detox your body from the harmful effects of sugar. Are you ready to jump into a sugar detox and tame your sugar cravings? Is your body desperately in need of a sugar detox? Are you tired of letting your sugar addiction control you? Sugar Detox for Beginners â A Quick Start Guide to Bust Sugar Cravings, Increase Energy and Lose Weight with the Sugar Detox Diet is a no-fluff, to-the-point mini-guide that is filled with all the necessary information you need to detox your body from sugar and make sugar cravings and sugar addiction a thing of the past! In a concise, step-by-step way, Sugar Detox for Beginners walks you through how the sugar detox diet works and how to start eating healthy for life. Sugar Detox for Beginners teaches you:

- How to choose foods that will effectively detox your body from sugar
- How the sugar detox will help you lose weight
- The benefits of a sugar detox diet
- The effects of bad sugars on the body
- How to sleep better, have clearer skin, better focus and better teeth
- How to prevent diabetes and other diseases caused by sugar
- How to drastically increase your energy
- How to overcome sugar addiction...and much more!

As an added BONUS, Sugar Detox for Beginners includes a 7-day sample meal plan and delicious sugar detox recipes for breakfast, lunch, and dinner plus salad, soup, side dish and snack RECIPES that will allow you to dive right into a sugar detox that will detox your body and eradicate pesky sugar cravings. How Sugar Detox for Beginners can save your life

Statistics say that the average American consumes 156 pounds of added sugar each year. Yet, sugar can be extremely damaging to the body because it can cause all kinds of life-threatening diseases. Nutrition experts say that refined sugar is as harmful as a drug. It is simply a pure chemical derived from plant sources that is purer than cocaine. Studies show that sugar actually causes the brain to react in a similar way that it does to opiates like heroin or morphine. It creates a euphoric feeling that makes you consume more sugar to create the same âhighâ you had before. Sugar Detox for Beginners is unique in that it doesnât waste your time with useless information. It shows you exactly how to detox your body from sugar, lose weight and beat your sugar addiction fast. Hereâs a Preview of What Youâll Learn...

- Why sugar makes you fat
- The difference between good and bad sugars
- How the sugar detox diet works
- Good foods to eat on the sugar detox diet
- Foods to avoid on the sugar detox diet
- How to beat sugar addiction
- How to do a 21 day sugar detox, a 7 day sugar detox and a 3 day sugar detox
- The difference between natural and artificial sweeteners
- What to expect during your sugar detox
- Dining out during your detox
- How to reintroduce sugar
- How to maintain a low sugar diet
- Sugar free "detox friendly" recipes...and more!

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Customer Reviews

I was afraid that I was having problems when I realized that no matter what I tried I always felt tired, sluggish, lethargic, and overall in a mental fog. Then after reading the first few chapters I had a sense of enlightenment. I really enjoyed reading this book. It clarified my understanding of why I needed to watch my sugar intake. It is the main thing hurting my health right now and the process in this book will give anyone the path to kicking that bad sugar habit! Also the recipes in the book are very practical and easy to follow. Best part of the book was the list of foods to eat and foods to

avoid. That was probably the most helpful to me. I recommend this book to anyone who tries to take care of their health.

This book is a basic guide about sugar detox. At first i wasn't aware about this but now it gave me fully understanding. Before i was really thinking to cut all my sugar intake but i just realized that i don't need to cut them in my diet but i have to take control of it because our body also needs sugar for proper function.

This book could have been made into a web page, it's very basic. VERY BASIC, The typefont is huge and here are about 50 to 75 words per page. It looks very much like a book an elementary school child would be assigned to read, but the information is easy to understand. There are no pictures or illustrations for the recipes. I think the book is over-priced.

My husband and I followed this book for a 21-day sugar detox. Most helpful were the lists of what foods we should and shouldn't eat. There aren't too many recipes included, but there is certainly enough info to get started. Once I learned how to bake with coconut flour and almond flour, the 21-day detox became manageable.

Great info and I lost 20 pounds in one month following this plan.

I have always had problems with my skin and hard to say no to "good" food. Now I understand that I have a sugar addiction. This book is well written and tips how to get over sugar addiction are easy to follow. I liked that in the end there are some recipes to avoid sugar, little bit easier to get started with changing my habits.

In this book, I have learned a lot about sugar detox. I think this book is very informative and also helpful it teaches you how to avoid the mental and physical hazards of consuming sugar overtime. It some really great tips on how to reduce sugar cravings. If you are hooked on sugar or carbs or just want to cut out processed foods, this book is for you! All of the recipes are satisfying yet they are very low in sugar. Highly recommended!

Not really much here that can't be found on the internet in a few minutes. The list of foods to eat/avoid are useful. For a health conscious book, it's not very vegetarian friendly in the recipes.

Only two of the recipes are meat free, although I suppose tofu could be substituted in some of them. Sadly, I don't feel that this particular book is worth the price I paid for it.

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