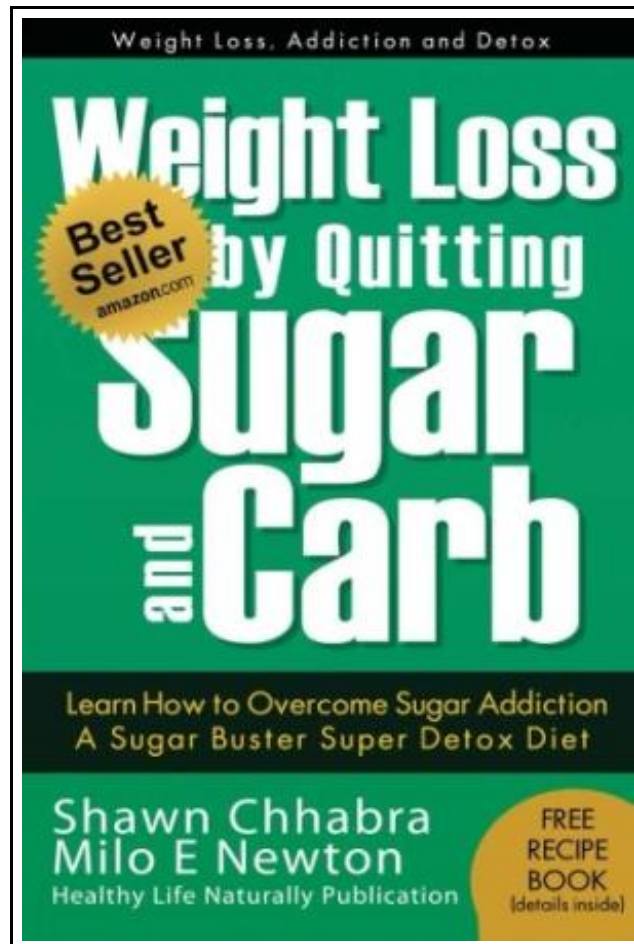


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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Amazon Best Seller! (ASIN: B00GUXOCNM) Sugar, Carbs Detox and Weight Loss: Most people know that sugar is not a very healthy food, but few understand that it is similar to some of the most potent drugs. Sugar can affect brain function, disrupt healthy metabolic processes, and cause substantial weight gain over only a short period of time. Not only is it unhealthy, but it is almost unavoidable. Food growers and makers have been adding sugar to almost every imaginable food and beverage since the 1970s (including baby formula), and today it is a leading contributor to the obesity epidemic as well as many chronic diseases. In *Overcoming Your Sugar Addiction* you will learn all about sugar in the modern diet. Not only will you discover why sugar appears as widely as it does in the food supply, but you will learn the many reasons that you should cut it from your diet. Readers will learn about: Sugar addiction and how it is a real problem; Added sugar and how it is not needed in food or the human metabolism; How sugar behaves in the body; How the body can work better without any added sugars; The best foods to choose in order to lose weight and avoid disease; Simple carbohydrates, hidden sugars, and artificial sweeteners are all unhealthy and should also be cut from the diet; Doing a true 21 Day Detox Diet; What to expect when cutting sugar from your lifestyle; Conquering the biggest challengers to sugar detox and elimination; and The various conspiracy theories and widespread efforts to keep sugar on our plates, in our drinks, and flooding our bodies. When finished reading this book you...



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