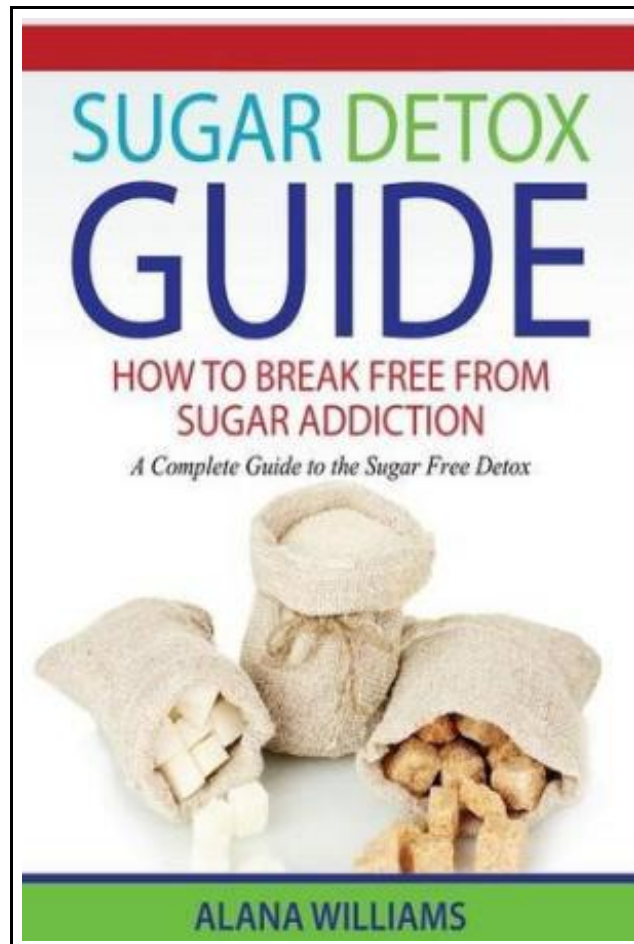


## **Sugar Detox Guide: How to Break Free from Sugar Addiction: A Complete Guide to the Sugar Free Detox (Paperback)**



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### ***Reviews***

*This ebook will be worth acquiring. It is actually written in basic phrases instead of hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book. (Trystan Yundt)*

## **SUGAR DETOX GUIDE: HOW TO BREAK FREE FROM SUGAR ADDICTION: A COMPLETE GUIDE TO THE SUGAR FREE DETOX (PAPERBACK)**



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Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is a great book for beginners with simple and precise information for those who want to understand how sugar addiction and sugar detox can affect you physically, mentally and emotionally. And why a sugar detox is so fantastic for you. Most people don't think that they're eating an unhealthy amount of sugar, yet the increasing rates of people that are overweight and obese proves this wrong. Plus the number of people that are being diagnosed with diabetes shows that it is a major problem. Knowledge is powerful and motivating. Understanding how excess sugars can affect you, the Sugar Detox Guide: How to Break Free from Sugar Addiction explains the main signs and symptoms that are linked to sugar addiction, that may indicate deeper health issues. Detox from sugar and you don't have to be one of the people at risk. You CAN easily make better healthier happier choices for yourself, and assist your friends and loved ones to do the same. This book gives you what you need to know about sugar and become empowered to start you on the path to detox and kick the sugar habit for good, breaking free from the dangerous sugar addiction. Imagine how great you will feel and how fantastic you will look. Feel totally alive living the vibrant life of your dreams! Now you can have and maintain the health and vitality of your youth and have superhuman energy every day.



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