



Sugar Detox: Sugar Detox Recipes to Bust Sugar Cravings, Lose Weight and Feel Great

Amanda Hopkins

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Sugar Detox for Beginners, Sugar Detox Recipes, & Beat Sugar Cravings Naturally

Do you regularly struggle with sugar cravings? Are you ready to learn more about sugar detox?

Recent research has shown that sugar can be just as addictive as drugs like heroin and cocaine. You may have a sugar addiction without even realizing it, given that sugar is present in a vast range of foods and beverages including cookies, candy, ice cream, juices, soda, and even bread. Eating excessive amounts of sugar can result in problems like weight gain, tooth decay, diabetes, and hypertension.

Sugar Detox: Sugar Detox Recipes to Bust Sugar Cravings, Lose Weight and Feel Great shares the most effective strategies for detoxing your body from sugar and its many harmful effects. When you listen to this book, you'll discover:

- Why so many people constantly crave sugar
- The health effects of being addicted to sugar
- Why sugar detox is so important
- Tips on performing a successful sugar detox

You'll also get:

- Breakfast recipes for sugar detox
- Lunch recipes for sugar detox
- Smoothie and snack recipes for sugar detox
- Dinner recipes for sugar detox

Sugar Detox is an invaluable tool that will help you improve your health and avoid the many short- and long-term illnesses that sugar addiction creates. Detoxing from sugar will show you how good it is to live a healthy, happy life that is absolutely free of refined sugar.

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