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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,)

The 14 Day SUGAR DETOX Diet

A Step-By-Step
Meal Plan And
Recipes To
Kick Sugar Cravings,
Lose Weight,
And Feel Amazing!



SARA GIVENS



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 alsochronic 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 smokinggun 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 youâ™ve got health issues due to aging and prescribes medicationYou're depressed and you're prescribed antidepressantsFor years you've been eating nonfat and low fat foodsFat-free is your mantraYou're told grains are healthyWeight increase no matter how little you eatYou tire easily and always feel exhaustedBody aches, especially in your jointsFeelings of being powerless, especially where your body is concernedAlmost given up losing weightLow confidence because of the way you look and feelYou have problems focusing and concentratingYou blame your age, thyroid, menopause, and genesIf 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 dayâ "or even a few times a week?Iâ™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 isnâ™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 youâ™ve answered yes to at least one of these questions, then youâ™re the perfect candidate for The 14-Day Sugar Detox.In this book, youâ™ll learn how sugar negatively affects your mind and body, and why artificialsweeteners are even worse for you. Youâ™ll learn the many names of hidden sugars, and how to find and avoid them.Most importantly, youâ™ll learn how to

break free from excessive sugar consumption, how to "detox"™, 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

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.

Read the book...still eating sugar.

Great menu options.

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 don'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 is the worst download of a book I've ever had. All the pages are jumbled and I can't even follow what the book is about. Terrible waste of money!!!!

I am on day 17 of the sugar detox. this book was very informative and help a lot when i was shopping or getting an idea of my weekly meals.

Great ideas and meal suggestions.

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 lots 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 meal regarded on this. I think this is a great helpful book. Thanks to the author!

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