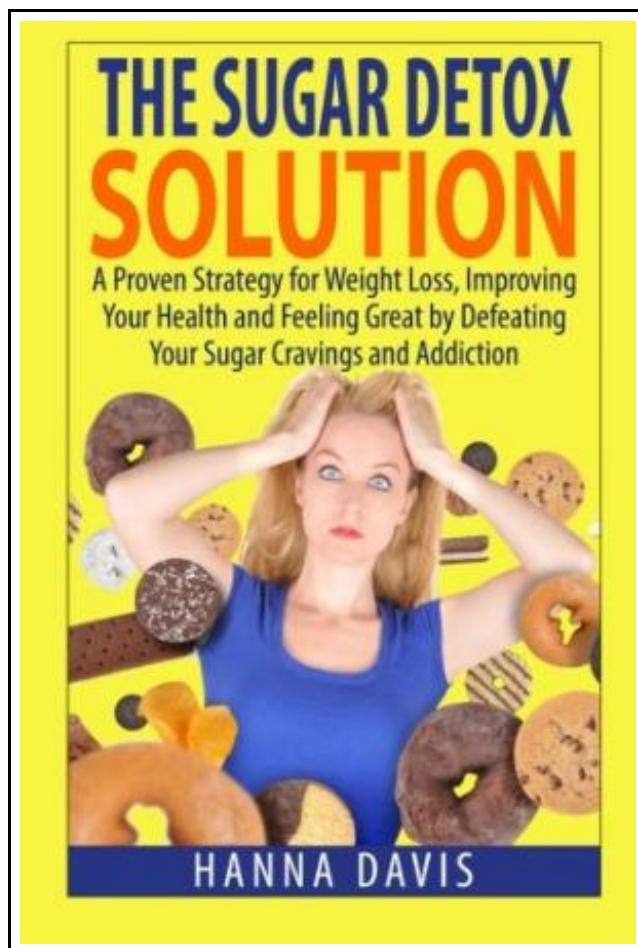


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Sugar Detox Solution If you are someone serious about getting rid of your addiction to sugar and sweets, this book is for you. - Ana Marie Quick! What do you have to eat in your desk drawer? Chips? Candy bar? Twinkies? Maybe a bear claw or honey bun. If you're like the average person, you keep a little something on hand to satisfy that afternoon drop in energy and give you a boost to get you through the remainder of the day. The craving you feel is usually for something sweet I bet. Maybe a doughnut or a few cookies. Sound familiar? How about this: What's the last thing you had to drink? Coffee? Tea? Soda? Perhaps there's a 12 ounce can on your desk right now? Maybe even a 24 ounce bottle! Is it possible that you are addicted to sugar? Is sugar even something you can become addicted to? How do you know for sure? I'll discuss these topics and a whole lot more. It will help you become aware of the many different kinds of sugar as well as some of the tricky scientific names marketers often use to try and hide the fact that their product contains sugar and lots of it. I provide all of this in an effort to help you decide that detoxing your body from sugar is a very good idea. The Sugar Detox Solution will help you feel better and lose weight while beating your sugar addiction using proven techniques Is it possible to quit sugar altogether? Well, the short answer is yes, it is possible. However, there is more to it than that....



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