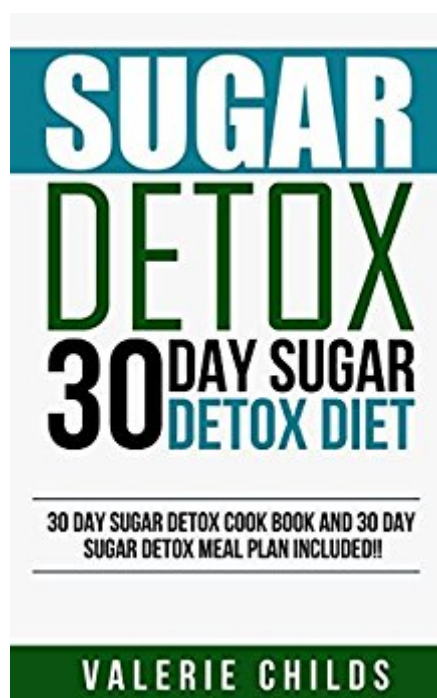


The book was found

Sugar Detox: Beat Sugar Cravings Naturally In 30 Days! Lose Up To 15 Pounds In 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss And More Energy)



Synopsis

Beat Sugar Cravings, Finally Lose the Weight and Take Control of Hunger and Your Life! This Book Will Set You Free of Sugar Addiction with the 30 Day Sugar Detox Diet! BONUS - 30 Day Sugar Detox Cook Book, Recipes and Meal Plan!! MUST SEE! Here Is A Sneak Peak! (Attn: FREE BONUS INSIDE!) What is a Sugar Detox and What to Expect! Learn What Sugar is REALLY doing to us.. Find Out if You Are TRULY Addicted to Sugar! The BIGGEST Benefits to Sugar Detoxing Why this 30 Day Sugar Detox Plan is ALL YOU NEED! The OFFICIAL 30 Day Sugar Detox Guide Included! OFFICIAL 30 Day Sugar Detox Recipes and Meals (Main Dishes, Side Dishes, Soups and Salad Dressing, Breakfasts and MORE) OFFICIAL 30 Day Sugar Detox Sample Meal Plans! Find Out What to do AFTER THE DETOX! Learn How to Be Successful with Sugar Detoxing! Much, much more! Want free books? Go here: <http://fatlosswithpaleo.com> Today only, get this bestseller for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Learn the weight loss secrets to hundreds of thousands of people worldwide! Do You Find Yourself Struggling with Sugar Detox? What About Low Energy and Fatigue? Have You Found Yourself Gaining Weight and Nothing You Do Seems to Help? Have You Been Unsuccessful at Dieting and Weight Loss in the Past? If you answered YES to any of these questions the you MUST answer YES to the 30 Day Sugar Detox!! Test Out the Detox EVERYONE IS TALKING ABOUT! Take action today and download this book for a limited time discount of only \$0.99! <http://fatlosswithpaleo.com/> © Great Reads Publishing 2015 All Rights Reserved tags: sugar addiction, sugar detox, sugar detox for beginners, low carb, low carb diet, low carb cook book, low carb recipes, paleo, paleo diet, paleo recipes, paleo cookbook, paleo diet cookbook, paleo diet recipes, weight loss with paleo, weight loss diet, detox diet, dash diet, mediterranean diet, paleo meal plan, paleo cooking, fat loss with paleo, fat loss, diabetes, anti-inflammatory diet

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Customer Reviews

This book made me sugar conscious. But it's actually really good. After reading this book, I realized what sugar does to us, and why you would like to do a sugar detox. When I read the types of sugar found in food section, I was surprised about the list of the food. I never thought that those food have so much sugar on it. This book explains about the common effects sugar has on our body, and the benefits of sugar detoxing. It has a complete guide to sugar detoxing. Like, what you need to do before starting the process, to what to do while on detox and after detox. It would really motivate you to watch your sugar, and if possible, to live a sugar free life. It has so many delicious recipes that would make your detox a success. My personal favorites are the Parmesan Crusted Tilapia, Grilled Chicken and Creamy Corn, Sirloin Steak with Deep Red Wine Reduction, Grilled Pork and Peach Salad, Pepper and Garlic-Crusted Tenderloin Steaks with Port Sauce, and so much more! Delish!

This is a good read, with good ideas for getting sugar out of your diet. I have not read every single recipe yet, but did scan through and will definitely put a lot of them to use. I saw one typo, the chocolate-coconut-banana recipe has steps 3 and 4 from the previous recipe for frosting (put in a bag and pipe onto cupcakes) ...overall a very good book and I plan to sit down with pen and paper and outline my diet, to follow the examples set here.

As a therapist, I appreciated that this book detailed the mind and body consequences of sugar addiction as well as evidence-based solutions. The added bonus was that there was an actual action plan including recipes. I will be making the Creole Cod and one of the sugar detox chocolate desserts as well. Highly recommend

More than a book, I'll call it a complete guide for healthy eating!! From the first page, it introduces you into the world of sugar, breaking down all the terms in order to get a better understanding of your actual situation. You can find not only medical explanations but also tips, guidelines for meal planning, motivation, and aftercare! Also, it explains what sugar does to our bodies and OF COURSE gives you the solution! I'm fascinated with the recipes, they're super easy to make and taste delicious!! My favorite one is sugar-free cupcakes! Who could tell cupcakes can taste better if sweetened with honey?!

sugar detox diet promises to end your craving for sweets and help you lose weight. Sugar is really addictive. You'll be happy to know that a sugar detox diet isn't as hard as it sounds. You can break the cycle in as little as thirty days. Follow the plan according to the book to get started!

The author Valerie Childs tells us right off that we may not even know that the food we're eating already contains unhealthy amounts of sugar and that we have to be aware of what's in our food, because most of us, if not all of us, are addicted to sugar and we don't even know it. She has a short list of examples of surprising foods and drinks that have sugar in them. Things like tomato based pasta sauce, milk, flavored yogurt, a red apple, coffee, ketchup and so on. I know that Coke and the various sports drinks have sugar, but the only way to know for sure is to be a label reader since there are more than 200 types of added sugars used in processed foods and beverages. I like her section called Sneaky Sugar Names which includes such sneaky names as Agave Nectar or Syrup and Sorghum.

Great Read

This book helped to outline exactly what I needed to do to fix my sweet tooth. Solid writing and clear instructions to guide readers.

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