

SUGAR DETOX

FOR BEGINNERS

HOW TO QUIT SUGAR BY STARTING NO SUGAR DIET WITH
21 DAY SUGAR DETOX DIET, LEARN HOW TO CONTROL YOUR
SUGAR CRAVINGS AND BREAK SUGAR ADDICTION, INCLUDING A
LOW BLOOD SUGAR COOKBOOK FOR DIABETES DIET



SHARON JACKSON

Sugar Detox Beginners Starting Addiction

Martha McDowell

Sugar Detox Beginners Starting Addiction:

Sugar Detox for Beginners Hayward Press, 2013-12-23 Sugar is an addictive substance just like caffeine nicotine or alcohol Eating too much sugar can have serious long term consequences for your health and your appearance The Sugar Detox for Beginners will give you the tools you need to seize control of your sugar intake A sugar detox diet is the most effective way to remove sugar from your system and break the dangerous cycle of unhealthy sugar cravings With The Sugar Detox Diet you will get over 75 delicious sugar detox recipes to help you feel more energetic and clear headed than ever before Sugar Detox for Beginners will help you start an effective sugar detox today with 77 delicious and nutritious recipes for an easy sugar detox including Almond Pancakes Lemony Hummus Tuna Salad and Salmon Teriyaki A complete 21 day sugar detox plan when you want to gradually remove sugar from your diet 3 day sugar detox plan for when you want to get rid of sugar quickly The science behind sugar addiction 10 tips to beat sugar cravings Sugar Detox for Beginners will help you reduce your sugar intake without depriving you of the delicious feel good foods that you love

The Angry Chef's Guide to Spotting Bullsh*t in the World of Food Anthony Warner, 2018-04-02 Originally published in Great Britain in 2017 by OneWorld Publications as The angry chef

Sugar Detox Diet For Beginners Brittany Samons, 2014-06-03

The sugar detox diet is a new diet plan that is all about reducing if not totally removing all foods that contain sugar This diet is based on latest studies that sugar is found to be one of the major causes of various medical problems and not just diabetes Sugar and not fat is responsible for weight gain and of course all the illnesses that stem from being overweight or obese from hypertension cardiac diseases and depression Sugar is also the leading cause of skin disorders like acne and pimples dementia and reproductive disorders like infertility and impotence This book will help you to lower sugar consumption and become healthier

Sugar Detox for Beginners Gina Crawford, 2015-01-28 Sugar Detox for Beginners Ready for a sugar detox that will end your sugar addiction for life Are you ready to tame your sugar cravings Is your body desperately in need of a sugar detox Are you tired of letting your sugar addiction control you With Sugar Detox for Beginners you're going to discover the best most effective way to detox your body from the harmful effects of sugar Sugar Detox for Beginners A Quick Start Guide to Bust Sugar Cravings Increase Energy and Lose Weight with the Sugar Detox Diet is a no fluff to the point mini guide that is filled with all the necessary information you need to detox your body from sugar and make sugar cravings and sugar addiction a thing of the past In a concise step by step way Sugar Detox for Beginners walks you through how the sugar detox diet works and how to start eating healthy for life Sugar Detox for Beginners teaches you How to choose foods that will effectively detox your body from sugar How the sugar detox will help you lose weight The benefits of a sugar detox diet The effects of bad sugars on the body How to sleep better have clearer skin better focus and better teeth How to prevent diabetes and other diseases caused by sugar How to drastically increase your energy How to overcome sugar addiction As an added BONUS Sugar Detox for Beginners includes 7 day sample meal plan and sugar free breakfast lunch dinner salad side dish

dessert and snack RECIPES that will allow you to dive right into a sugar detox that will detox your body and eradicate pesky sugar cravings How Sugar Detox for Beginners can save your life Statistics say that the average American consumes 156 pounds of added sugar each year Yet sugar can be extremely damaging to the body because it can cause all kinds of life threatening diseases Nutrition experts say that refined sugar is as harmful as a drug It is simply a pure chemical derived from plant sources that is purer than cocaine Studies show that sugar actually causes the brain to react in a similar way that it does to opiates like heroin or morphine It creates a euphoric feeling that makes you consume more sugar to create the same high you had before Sugar Detox for Beginners is unique in that it doesn t waste your time with useless information It shows you exactly how to detox your body from sugar lose weight and beat your sugar addiction fast Here s a Preview of What You ll Learn Why sugar makes you fat The difference between good and bad sugars How the sugar detox diet works Good foods to eat on the sugar detox diet Foods to avoid on the sugar detox diet How to beat sugar addiction How to do a 21 day sugar detox a 7 day sugar detox and a 3 day sugar detox The difference between natural and artificial sweeteners What to expect during your sugar detox Dining out during your detox How to reintroduce sugar How to maintain a low sugar diet Sugar free recipes PURCHASE YOUR COPY TODAY

Sugar Detox for Beginners Sharon Jackson,2017-02-17

Have you ever studied the relationship between the foods you eat and the way that you feel Consider the way that you feel after eating a lean chicken salad for lunch vs a fatty carb laden cheeseburger If you are like most people the cheeseburger may leave you feeling bloated and tired a few hours later If you eat the salad the chicken is packed full of lean protein to keep you full and nutrient rich veggies to keep your body and mind working until your next meal One thing you may be thinking right now is that if eating healthy makes you feel better why is dieting so hard The truth is that the sugars starches and chemical additives in the foods found in the diets of average Americans are incredibly addictive In fact clinical studies evaluating the effects of sugar on the body have shown that sugar is 8 times more addictive than cocaine The reason why many people fail in the earlier days of diets is because they are cutting out sugars and starches which are also loaded with sugars even wheat products Their body goes through withdrawal much like it would from a drug This results sugar cravings that make it incredibly hard to stick to a diet The 21 Day Sugar Detox Diet is designed to help you quickly and effectively cut sugar from your diet As you cleanse the starches and sugars from your system your body will not crave them anymore You will also experience newfound health energy and happiness from the wholesome nutrient rich foods on your diet With this book you will know How to complete the 21 Day Sugar Detox Diet Which foods you should cut out in the first 21 days Which foods to replace them with to help curb your carb cravings Recipes for people on the 21 Day Sugar Detox Diet including for vegans and diabetics Take action and download the book now Your way to healthy life and good energy starts today

Sugar Detox for Beginners Nicole Gibbs,2021-09-08 As the saying goes You are what you eat so if you want to change something about your lifestyle then start with your diet Having a healthy balanced diet is the best way in the long run but in the

meantime detoxing by using teas can make sure that you are getting all of the benefits in the short term Sugar Detox Tea A guide to help you cut out the sugar from your diet without having to go on a strict diet We all know that sugar is bad for us but cutting down on the amount of sugar that we eat can be difficult This book contains some fantastic natural teas that contain the really good ingredients needed for good health and over time they will aid in reducing your intake of sugars Having tea rather than a fizzy drink might seem like a change but it can have all sorts of benefits The main thing is to get the right kind of tea for you so that you are getting the most out of your detox These teas are full of great natural ingredients so they definitely help with reversing the effects on sugar in our body This book will show you how to Reduce sugar cravings and increase your energy levels Reduce sugar in your diet without going on a strict diet Make some great tasting teas that will aid detoxing from the effects of sugar Make some great tasting drinks that will give you a boost of energy every day And more These tea recipes are great for boosting your energy levels throughout the day and make an ideal pick me up when you feel like curling away on the sofa A lot of people drink tea because it is something that they have grown up with but it can also be a great way to boost your metabolism so you are burning more calories throughout the day The health benefits of these teas are really good for the body and there is no need to worry about them being bad for your teeth as they don t contain any sugar at all Click BUY NOW at the top of the page and instantly Download Sugar Detox for Beginners Sugar Detox Tea Guide to Prevent Cravings Improve Mental Focus and Burn Fat Whilst Drinking a Delicious Natural Tea These are great recipes that will show you how to use some natural ingredients that will help you out during this time of year The benefits of these teas are really good and they also taste great These teas will not only help you to get rid of the sugar cravings but they can also boost your energy levels for hours after you have finished drinking them The other great thing about these teas is that they can be used to make different types of drinks so there is no need to stick with just one type Sugar Detox Teas is a practical guide that shows you how to use some great natural ingredients to aid your detox The recipes are also really simple so there is no need to worry about them being difficult or complicated These teas don t contain any sugar at all so they can be used with anyone whether you are trying to lose weight or not If you have been struggling to cut down on the sugar then this is a great book for you The good news is that the recipes are simple and easy to follow so there is no need to worry about them being difficult or complicated These teas contain all the benefits of natural ingredients but they are also very easy to make You may want to check out this book if you have been looking for a great book that shows you how to use some natural ingredients The recipes are very simple and easy to follow so there is no need to worry about them being complicated or difficult Click BUY NOW at the top of the page and instantly Download Sugar Detox for Beginners Sugar Detox Tea Guide to Prevent Cravings Improve Mental Focus and Burn Fat Whilst Drinking a Delicious Natural Tea **Sugar Detox Cleanse Recipes: Herbal Blender Recipes** Juliana Baldec,2015-01-15 Her secret She turned these nutritious and satisfying drinks into a way of life Combining smoothies juices her secret morning elixir that she is going to share with you

inside and a light meal plan has helped her not only lose 20 pounds within 60 days Consuming a combination of these fruit smoothies vegetable smoothies and juicing recipes will help your body get rid of sick making toxins boost your vitality and energy get rid of nasty body conditions like Asthma rejuvenate your body provide your body with a natural immune system detoxify and clean your body turn your body into a lean body shed pounds and more People are reporting that fad diets never worked on them but when sticking to this lifestyle of smoothies and juices they were able to lose weight and never gain the weight back afterwards unlike it happens with many of these fad diets This is not a fad diet were you gain weight after you are done because this is a healthy and natural lifestyle choice and this is the reason why it also works for weight loss and keeping the weight off People who have achieved similar results like Baldec by consuming smoothies juices and her secret morning apple cider vinegar elixir in combination with a light daily meal plan all agree This is the most natural and nutritious way to nourish your body and brain while getting amazing weight results as a side benefit The recipes are 5 minute quick and easy to make no matter if you use the best juicer or blender or if you use your regular hand held kitchen supply From her fruity smoothies and juices to her leafy green raw vegetable and vegetable fruit combined smoothies and juices such as her vitality boosting blender drinks like the Coconut Kale Sweetness Lavender Maca Vanilla Delight Papaya Ginger Smoothie Bee Pollen Honey Nut Peach Smoothie and many more you can choose from 23 scrumptious unique 5 minute quick no fail recipes

Sugar Detox for Beginners Nishan King,2014-12-01 Sugar Detox for Beginners How to Bust Sugar Cravings End Sugar Addictions and Increase Energy Are you ready to jump into a sugar detox and tame your sugar cravings Is your body desperately in need of a sugar detox Are you tired of letting your sugar addiction control you Sugar Detox for Beginners A Quick Start Guide to Bust Sugar Cravings Increase Energy and Lose Weight with the Sugar Detox Diet is a no fluff to the point mini guide that is filled with all the necessary information you need to detox your body from sugar and make sugar cravings and sugar addiction a thing of the past Tags detox detox diet detox cleanse soul detox sugar detox detox diet plan 10 day detox diet *Sugar Detox* Michael Lawrence,2015-10-17 Detox and Stop Sugar Addiction Even As A Beginner Today only get this Amazon bestseller for just 7 99 Regularly priced at 9 99 All you need to know is right here in this book With detailed explanations on how to plan for a detox what to do during a detox how to continue to maintain that beautiful healthy body and even tips and tricks along the way You would be surprised to know how addictive sugar really is Sugar addiction is real and scary It s just as addictive as harmful drugs such as cocaine Many of us are unaware of how much harm our sugar craving is doing to our body Recent scientific research has shown that sugar consumption affects the part of our brain that is affiliated with addiction However it doesn t have to be that way and that is exactly why YOU need to do a Sugar Detox so that you can beat Sugar Addiction It is very simple to do and even a complete newbie can do one if they follow the instructions in my book Here Is A Preview Of What You ll Learn What is Sugar Addiction Steps Before Detox Which Foods To Eat Intense Detoxing Method Relaxed Detoxing Course Sugar Detoxing Tips and Tricks Much More Purchase your copy today and beat

your sugar addiction and start detoxing Take action today and download this book for a limited time discount of only 7.99 and Start a Sugar Detox so that you guys can beat Sugar Addiction and Start Living a Healthy Lifestyle Tags sugar detox sugar sugar detox for beginners sugar detox diet sugar addiction sugar detox 21 day sugar detox sugar detox made simple sugar detox recipes sugar detox free sugar detox cookbook sugar detox challenge sugar detox low sugar diet diabetic diet sugar detox sugar addiction sugar detox diet sugar cravings sugar busters sugar detox diet sugar help diabetes diet how to detox from sugar sugar detox how to beat sugar addiction sugar free sugar detox cookbook sugar free recipes sugar detox sugar free diet healthy eating weight loss sugar detox lose weight clear skin sugar cleanse detox your body addicted to sugar sugar addiction sugar **Sugar Detox for Beginners** Martha McDowell, 2015-09-18 YOUR GUIDE TO EASY SUGAR DETOX This book contains proven steps and strategies on how to go on a sugar detox and stop yourself from having a sugar relapse in the future This e book details ways that I have used to stop a sugar addiction You will read about the different types of sugar and how your body processes these sugars differently how to get motivated to stop your cravings midnight trips to the grocery store and obesity caused by sugar addiction I will teach you behavioral changes you can make in order to control and manage your behavior techniques I personally have used to manage a former problem with sugar addiction I will also educate you on the reasons why you get cravings This book is easy to understand written with a high level of clarity and contains nothing more than what you should know about this topic To be short you will find the following information inside What is Sugar What Foods Contain Sugar Why Am I Addicted To Sugar How Do I Get Motivated To Begin A Detox What Should I Eat While Detoxing How Do I Avoid A Relapse What Do I Do After My Detox What Are The Consequences of Continuing To Consume Sugar

Keto Diet Guide and Balanced Weight Loss Sweet Smart Books, 2021-06-14 Weight loss is a common goal shared by thousands of people all across the globe You are certainly not alone in this Yet everyone is looking for a quick fix or a one size fits all formula Truth be told this will get you nowhere Keto Diet Guide and Balanced Weight Loss focuses on several of the best diets at your fingertips taking a good look at the keto diet and other forms of weight loss to suit different needs Each person's body is different Therefore different forms of weight loss diets will be effective for different bodies Your lifestyle and your budget also need to be taken into consideration This book also tackles different mental battles associated with weight loss as well as the steps you need to take in order to choose the best meals to suit your lifestyle At the end of this book you will know some of the best strategies for weight loss that are out there and be equipped to start your own journey Don't be afraid to take the next step and discover what the world of balanced weight loss holds for you **The Beginner's Guide to Natural Living** Larry Cook, 2006 When your body is detoxified of toxins detoxification you replace slightly toxic food synthetic food with highly nutritious food organic food you employ the principles of correct diet healthy eating you give your body maximum nutrition supplements your muscles are activated exercise your energy flow is built up chi energy your immune system is strengthened and your organs are encouraged to repair themselves natural medicine you buy products

designed for healthy living grocery shopping and you consciously live naturally every day **Sugar Detox** Alicia Labert,2017-08-14 Have you ever dreamed of no longer craving for sugar Living your life healthy and having complete control of your sugar intake If you are ready to stop your sugar addiction and stop feeling anxious insecure and depressed then this book is for you We will guide you as you start stashing sugar addiction away This book contains proven steps and strategies on how to overcome sugar addiction forever Addiction is something that is easy to acquire yet hard to remove and most people fail to realize that their love for sugar has become an addiction To be able to overcome addiction one must first understand addiction itself and come up with a strategy that will be effective This book will walk you through a step by step strategy including different causes and ways to break sugar cravings forever that will significantly improve your health

Sugar Detox for Beginners Sam Wood,2015-12-24 Sugar It's in almost everything we eat If you are eating a processed food chances are you are eating some added sugar too There are the obvious sources of added sugar candy baked goods and sodas Those are easy to avoid It's the hidden sugar that is added to foods that are a problem Often these foods don't taste particularly sweet and so it's difficult to tell that you are eating sugar It pays to read the labels on the foods you eat Or better yet stick to unprocessed whole foods In this book you will discover how to eliminate sugar and products with the hidden sugar from your meals in 10 steps Why Sugar Detox Ten Steps to an Effective Sugar Detox While you Detox After you Detox Living a Sugar Free Life Copyright © Sam Wood 2015 [Sugar Detox Guide: How to Break Free From Sugar Addiction](#)

Alana Williams,2014-03-15 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 [Sugar Detox](#) Jenny Brock,2015-09-30 Sugar Detox for Beginners Sugar Free Diet to Stop Sugar Addiction and Bust Sugar Cravings to Get More Energy and Lose Weight Sale price You will save 66% with this offer Please hurry up Sugar addiction is among the top addictions in North America today and is costing us more than just money for medical bills It is making us overweight arthritic depressed and more So what can you do about your own

addiction to sweets You can follow the tips in this book In Sugar Detox for Beginners you will find information about how extra sugars came to be in our diets and why a little sugar is necessary but too much is deadly I lay out a nutritional plan for you to bust your sugar habit in seven days As well I provide you with tips to make it easier to start the detox diet support for your energy levels during the week long detox how to maintain your healthy eating after the week long detox You can beat your sugar addiction and lead a healthy life for years to come And lose a little weight while you do it So go ahead give the Bust Sugar Detox Diet a try You will feel better look better and have more energy And you will reduce your risk for heart disease diabetes and more all by eliminating the foods suggested and educating yourself about the hidden sugars in our modern diet Download your copy of Sugar Detox for Beginners by scrolling up and clicking Buy Now With 1 Click button Tags cure lose weight detox diet detox clean increase energy boost metabolism quick start guide short guide for beginners more energy sugar detox diet sugar free diet suppress the immune system cause premature ageing cause tooth decay increase fluid retention known enemy for regular and good bowel movement cause depression or mood swings cause contribute to arthritis Crohn's diseases asthma gallstones appendicitis heart disease multiple sclerosis diabetes and more cause concentration difficulties crankiness and hyperactivity in children The Truth about Sugar Sugar Addiction

Understanding Sugar Detox and its Benefits Start the 21 Days Sugar Detox Healthy Sugar Free Recipes beginners easy guide sugar addiction sugar cravings 21 day sugar detox sugar detox made simple sugar detox recipes sugar detox free sugar detox cookbook sugar detox challenge sugar detox low sugar diet diabetic diet sugar detox sugar addiction sugar detox diet sugar cravings sugar busters sugar detox diet sugar help diabetes diet how to detox from sugar sugar detox how to beat sugar addiction sugar free sugar detox cookbook sugar free recipes sugar detox sugar free diet healthy eating *Marathon: A Beginner-friendly Program to Running Your First Marathon (The Runners Guide for Endurance Training and Racing, Beginner Running Programs and Advice)* Daniel Bradley, 101-01-01 This book will guide you through everything you need to run your first marathon You will learn how to choose the right equipment what to eat to keep your body in the best shape the best exercises to do to make you stronger and more flexible how to stay injury free when you run how to choose your marathon and what to do on the day There's also a six month training schedule that will gradually build up the miles work on your strength and speed and push your endurance abilities slowly but surely transforming you from complete novice to long distance runner Marathon training distance running will help you Get started with running jogging with ease regardless of your fitness level Define your goals whether these are weight loss or running events Avoid the usual pitfalls that kill other runners progress Uncover some little known secrets that make all the difference Stay motivated and focused to ensure you reach your goals Believe in yourself Ultra marathons require a healthy body a strengthened mind and a solid resolve to see everything through from start to finish However you are not going to do anything you have not already done You just need to use your previous experiences and the new techniques you will learn from this book to help you carve the best path forward

Sugar Detox Ryan Morgan, 2016-01-13 Why is it so hard to say NO to a chocolate bar sodas or the candy when we all know that they're ultimately unhealthy Well simple they are all high in sugars and sugar is addictive We have a pretty extensive appetite craving for sweet treats simply because they are often high in sugars In the recent past there has been a great increase in the amount of sugar that the average person consumes There is too much sugar in our coffee bagels donuts and even whole meal breads that are expected to be a healthy alternative This high consumption of sugar daily leads to the average person consuming about 1 pound sugar daily Can you imagine this holding a pound of sugar No wonder we are plagued with many diseases from diabetes and high blood pressure to heart disease and obesity The situation is not going to get better until we do something about this situation Are you tired of being unable to say No Do you want to lose some weight Do you want to break free from your sugar addiction If you do then this book will help you achieve your goals First learn how sugar is addictive and from there know what to eat during the sugar detox Second you'll have access to a 4 Day meal plan to help you get started on your detox journey as well as tasty recipes that you can enjoy Since withdrawal symptoms and sugar cravings are something that you are likely to experience you will be glad to know that this book will address that too This book will also open your eyes to tasty and healthy food that is not rich in sugar something that you may think is impossible Here's a Preview Of What You'll Learn from This Sugar Detox Cleanse Sugar Detox Diet What You Need To Know Foods To Avoid Foods To Eat A Guide For Beginners 14 Day Sugar Detox Plan To Ditch Sugar Quickly How To Beat Sugar Withdrawal Symptoms When On A Sugar Detox Sugar Detox For Weight Loss Sugar Detox Recipes and Much More Ready to Detox Cleanse and Stop Your Sugar Addiction Turn your addiction around and get Sugar Detox A Master Cleanse Sugar Detox Diet Made Easy

Sugar Detox for Beginners Julia Gilbert, 2015-08-03 Sugar Detox for Beginners Easy Guide to Stop Sugar Addiction Bust Sugar Cravings with Delicious Sugar Free Diet recipes included Sale price You will save 66% with this offer Please hurry up Are you a diehard fan of sugar Do you often dream how amazing you will feel eating all those cupcakes muffins candy and chocolates Do you hate yourself because of it Well no more of self hate This book has exactly what you are looking for to bust your sugar addiction and cravings It will tell you how to fix your mind so that you can get closer to achieve your goal It will also tell you what to buy and most importantly what NOT to buy in its bonus chapter All you need to do is to start taking this book seriously in order to fix your mood improve your body shape and clear your mind off the excess sugar present in your bloodstream This book contains Strategies on developing an anti sugar mindset Guide on how to spot companies that are selling you products that you must not buy Delicious sugar free recipes that will keep you away from sugar intake Strategies on cleansing your body from sugar Tips on developing a sugar free lifestyle Download your copy of Sugar Detox for Beginners by scrolling up and clicking Buy Now With 1 Click button Tags cure lose weight detox diet detox clean increase energy boost metabolism quick start guide short guide for beginners more energy sugar detox diet sugar free diet suppress the immune system cause premature ageing cause tooth decay increase fluid retention known

enemy for regular and good bowel movement cause depression or mood swings cause contribute to arthritis Crohn s diseases asthma gallstones appendicitis heart disease multiple sclerosis diabetes and more cause concentration difficulties crankiness and hyperactivity in children The Truth about Sugar Sugar Addiction Understanding Sugar Detox and its Benefits Start the 21 Days Sugar Detox Healthy Sugar Free Recipes beginners easy guide sugar addiction sugar cravings 21 day sugar detox sugar detox made simple sugar detox recipes sugar detox free sugar detox cookbook sugar detox challenge sugar detox low sugar diet diabetic diet sugar detox sugar addiction sugar detox diet sugar cravings sugar busters sugar detox diet sugar help diabetes diet how to detox from sugar sugar detox how to beat sugar addiction sugar free sugar detox cookbook sugar free recipes sugar detox sugar free diet healthy eating [Sugar Detox](#) Emily Mayr,2017-09-09 If you eat dinner solely for the chance to chase it with dessert we hate to break it to you but it might be time to try a sugar detox We re not talking about a five day fad cleanse either The ultimate goal is to really downplay sugar in the diet and have that be a permanent lifestyle change Your love for sugary stuff may seem benign but the truth is that most people are eating way more of it than they need Americans currently consume 22 teaspoons of sugar per day That s more than three times as much as what s recommended by the American Heart Association Plus research shows that not so innocent sweet tooth could be doing serious damage to your health leading to weight gain high blood pressure and cholesterol levels and an increased risk for diabetes In fact eating too much sugar should be considered just as dangerous as smoking cigarettes A diet with sugar and high glycemic index foods promotes all the leading causes of death in America We don t see value in cutting out sugar for a few days and then going back to eating it but I do see value in cutting it out permanently Sugar addiction is no joke Once you re hooked cravings can be hard to resist leading you down a slippery slope towards obesity and other health problems Studies are showing that in some people and animals the brain can react to sugar very much like it can to drugs and alcohol That s why when you initially cut added sugars from your diet you might feel deprived for a few days When your body is overloaded with waste you feel more uncomfortable when not eating that food It s like stopping coffee Your efforts to cut back on sugar will pay off though In the short term people will notice their energy levels improve right away and after a short period of time they will notice cravings and fatigue diminishes Plus the long term benefits of cutting back on added sugar in your diet are impossible to ignore One study published in the journal Circulation showed that sugar sweetened drinks directly cause the cardiovascular disease and diabetes that kill about 184 000 people worldwide every year THIS BOOK CONTAINS 1 Introduction2 Your Sugar Detox Diet Made Simple3 10 Reasons You Need A Sugar Detox Right Now4 5 Benefits of a 21 Day Sugar Detox5 The Health Benefits of Sugar6 Top 9 Reasons to Avoid Sugar7 10 Scientific Ways To Detox From Sugar Addiction8 21 Day Sugar Detox Diet Plan Restart Your Body DOWNLOAD NOW ON AMAZON AND START HEALING YOUR BODY TODAY

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Sugar Detox Beginners Starting Addiction Introduction

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