

How to break sugar addiction: strategies, cravings, and detox



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Sugar Detox Overcome Addiction Cravings

Monica E Harris

Sugar Detox Overcome Addiction Cravings:

Sugar Detox, Detox Cleanse and Detox Recipes Made Easy: Beat Sugar Cravings and Sugar Addiction Speedy Publishing, 2019-11-22 The sweet taste of sugar makes it highly addictive This is a fact because once you get used to sugar your body will naturally crave for more But accumulated sugar in the body is a bad thing that's why you need to detoxify Here's a set of three books that discusses sugar detox in detail Easy to follow recipes are included to beat sugar cravings

How to Break Sugar Cravings with Nutritional Supplements Kim Hilton, Since the emergence of processed foods that contain a lot more sugar than soft drinks sugar cravings have gotten out of control This brings about an elevation in the rate of diabetes and obesity in America Unlike heroin or cocaine sugar is everywhere and even a child has access to it So many people are struggling with sugar addiction and there is no relevant platform that can help them stay above the cravings This book has brought to light different ways to recover from sugar cravings by changing your habits and supplementing sugar with other natural sources of sweetness The cure for sugar addiction has been clearly outlined and the simple steps that will lead to a progressive change The aim is to cut down on sugar effectively and to reduce the chances of developing diabetes and other ailments associated with excessive consumption This book is for you who want to live a healthy life again Tags sugar cravings suppressants curb sugar cravings sugar cravings stop sugar cravings supplement eliminate sugar cravings cut sugar fighting sugar addiction sugar addiction supplements to stop sugar cravings how to stop craving sugar

Move on From Sugar Addiction With the Sugar Detox Cleanse Gabrielle Townsend, 2020-06 Sugar Is More Addictive Than Cocaine but You CAN Give It Up for Good in Just 2 Weeks You can't wait to unwrap that chocolate candy You want it so much that your hands shake while you're trying to tear through the packaging Two hours later you're cranky you're listless and you crave something sweet again It feels that if you don't have that sugary rush one more time your head's going to explode There is no denying you are a sugar addict Sugar addiction is a real thing When you eat lots of the white stuff it acts on the brain in a manner similar to cocaine That's why sugar is so difficult to give up Some people attempting to detox could even experience potent sugar withdrawal symptoms At the same time giving up sugar makes sense because you Will lose weight just think about it having three cups of tea per day with two cubes of sugar each gives you 92 additional calories or the equivalent of four jumbo shrimp half a cup of pineapple or one egg Bring down your risk of heart disease by 38% Cut your risk of diabetes by as much as 60% Enjoy clearer more beautiful acne free skin Will have a healthier tummy Will have high energy levels throughout the day no more peaks and crashes Isn't that motivation enough for you to consider quitting all the junk Beating a sugar addiction isn't easy but it's certainly accomplishable With the right guidance and step by step tips to eliminate bad carbs from your diet you will be able to give up sugar in less than 2 weeks and never crave it again In Move on from Sugar Addiction with the Sugar Detox Cleanse you will discover Detailed day by day guidance to help you kick your sugar addiction to the curb Delicious recipes and meal plans for a two week sugar detox Fun meals and sugar replacements

that will give you that great taste without the calories or the health hazards Encouragement from someone who knows exactly where you stand right now Effective strategies for attacking the emotional aspects of sugar addiction 17 food triggers you should throw out today Ways to start incorporating healthy carbs in your meals once the detox is over Long term tactics for success and making good nutrition an enjoyable part of your daily life And a lot more If you're thinking about not embarking on the journey at all because it will be way too difficult think about the silver lining You will be fitter healthier more energetic and generally happier when you manage to overcome that sugar addiction Beating the cravings the mood swings and the lack of energy is possible if you know what food replacements to introduce and how to optimize your nutrition You will not only discover the best kinds of meals to prepare during a sugar detox but you'll also dig deeper into the roots of your addiction to develop a healthier relationship with food If you are tired of being a slave to sugar and you want to transform your body and your mind scroll up and click the Add to Cart button now

Sugar Detox : Sugar Detox Program To Naturally Cleanse Your Sugar Craving , Lose Weight and Feel Great In Just 15 Days Or Less!

Samantha Michaels,2013-08-27 Sugar Detox Sugar Detox Program To Naturally Cleanse Your Sugar Craving Lose Weight and Feel Great In Just 15 Days Or Less is a program designed to be easily incorporated into our busy schedule while providing all the practical tools necessary to support and rejuvenate our bodies The effect is transformative nagging health problems will suddenly disappear extra weight will drop away and for the first time in our lives we will experience what it truly means to feel healthy Includes o New Recipes o 15 Day Meal Plan o Dermal detox o Sugar Addiction Quiz o How to Kick Sugar addiction for Life

[Beating Sugar Addiction For Dummies](#) Dan DeFigio,2013-05-17 Are you a sugar addict Beating Sugar Addiction For Dummies provides you a safe and healthy path to overcome your addiction eliminate stress eating and upgrade your nutrition for a healthier lifestyle Sugar addiction is a rapidly growing epidemic that can lead to obesity chronic fatigue diabetes and a host of other medical and psychological problems Beating Sugar Addiction For Dummies helps those who are affected by this commonly overlooked addiction to outsmart their sugar cravings and overcome their addiction The tips in this book will help you Learn to stop stress eating and perform a nutrition makeover that makes the low sugar lifestyle easy Stop the frustration of yo yo dieting and finally find an eating plan that works Free yourself from the grip of sugar addiction and regain control over your life Beating Sugar Addiction For Dummies contains everything you need to start your journey down the road to wellness Four common types of sugar addicts which one are you Finally understand carbs protein and fat with a simple nutrition system for weight loss and healthy eating including what to choose and what to stay away from Detoxing from sugar and performing a kitchen makeover Eating mindfully making purposeful decisions instead of stress eating How to survive holidays restaurants and special occasions Building a support system Exercise programs for energy and weight loss Speedy low sugar recipes for breakfast lunch dinner snacks and desserts Staying on track and breaking the cycle of failure including a step by step list of exactly what to do when a sugar craving strikes If you're one of the millions of

people worldwide who relies too much on sugar for energy comfort or convenience Beating Sugar Addiction For Dummies is your no nonsense guide to decreasing your sugar intake losing weight and changing your life for the better **Sugar Detox** Neal Cardona,2015-11-28 It s Time to Let Go of Your Sugar Dependency and Start Living Healthier and Happier Right Away Have you ever wished you could eat less sugar Is it hard to stop Do you need some inspiration to start eating better When you order SUGAR DETOX How to Overcome Sugar Addiction Sugar Detox Diet Sugar Addiction and Sugar Cravings you ll discover what sugar addiction really is You ll have fun learning about the 4 types of Sugar Addicts and seeing which group you fit into With the right knowledge you can defeat your sugar addiction 5 Reasons to Buy This Book Today The 12 Negative Effects of Sugar Addiction 11 Warning Signs of Sugar Addiction 5 Ways to Overcome Sugar Addiction 5 Ways to Survive Sugar Withdrawal 2 Sugar Detoxification Diet Plans Sugar causes your brain to produce dopamine which improves your mood However this method of feeling better carries with it many health and lifestyle risks This helpful book explains how you can find other ways to feel good without comfort foods Don t Wait Order SUGAR DETOX How to Overcome Sugar Addiction Sugar Detox Diet Sugar Addiction and Sugar Cravings NOW to find out about this amazing lifestyle You ll be so glad you took this healthy step

Sugar Detox Katie May,2016-09-23 Sugar Detox for Beginners Do you struggle with sugar cravings Are you ready to learn more about sugar detox Recent studies have shown that sugar can be just as addictive as drugs such as 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 This book shares the most effective strategies for detoxing your body from sugar and its many harmful effects By reading this book you ll learn 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 Sugar detox breakfast recipes Sugar detox lunch recipes Smoothie and snack recipes for sugar detox Dinner recipes for sugar detox Sugar detox is a valuable tool that will help you avoid the many short and long term illnesses that sugar addiction creates This book will show you how good it is to live a healthy happy life that is free of refined sugar Order your copy of Sugar Detox right now TAGS sugar detox sugar detox for beginners sugar addiction sugar detox diet sugar detox recipes sugar cravings sugar free recipes sugar detox cookbook sugar detox book bust sugar cravings

The Sugar Detox Solution Monica E Harris,2021-01-24 Do You Struggle With Sugar Cravings In today s world people are regularly consuming unhealthy amounts of added sugar daily which is directly linked to increased cases of obesity diabetes and heart related diseases Once you are hooked by irresistible cravings breaking free may feel like an impossible task The Sugar Detox Solution is your best starter guide for finally breaking free from your sugar addiction It is an easy to follow step by step guide that will help you understand why you are drawn to sugar and how to control the amount of added sugar you consume daily It reveals the true science behind sugar why you crave it what it does to your body and how to accurately

monitor your intake You will learn what foods to avoid what foods to eat more of and how to plan for a successful sugar detox diet In addition to preventing obesity and burning fat a sugar detox will also provide you with the following benefits Boosted Energy Levels Improved Mental Health Improved Physical Appearance Reduced Anxiety Improved Sleep In this book you will discover How to Uncover the Hidden Sugar on Food Labels The Exact Foods To Eat The Exact Foods To Avoid How to Plan A Sugar Detox Meal A 5 day and 7 Day Sugar Detox Meal Plan The Best Exercises for a Sugar Detox The 6 Key Habits That Fight Sugar Cravings How To Manage Sugar Withdrawal And So Much More The Sugar Detox Solution will work for you even if you have tried other restrictive diets and failed You will learn how to fight cravings and identify the exact foods to eat that work as sugar substitutes Break your sugar addiction TODAY and Click Add to Cart to get started

Divorcing Sugar

Tina Stat,2020-11-27 Have you ever wondered why it is so hard to lose weight and have good health even if you eat a healthy diet Spies around the world use code names and aliases to dupe their targets and manipulate situations What if I told you there was a spy in your own home doing the same thing in your cabinets Sugar has over 115 different names all of which manufacturers use on ingredient labels Even with a different name sugar is sugar Researchers studying the human brain determined from scans that sugar is as addictive as cocaine The same receptors in your brain are affected by both substances resulting in cravings and side effects How scary is that There is hope for you yet 40 days to an existence free of sugar s chains When you use the 40 day sugar detox plan outlined in this book you will learn how your life can change when you tell added sugar to hit the road You can find everything you need within the pages including The history of sugar How sugar affects the body The ways that sugar impacts your body How to point out hidden sugar among your ingredient labels Once you have an idea of how sugar changes you and why you need to free yourself from it you can move forward and learn How your body changes when sugar is removed from your diet Exercises and tips to get through the detox process Ways to get through the withdrawal process and why it is important Recipes and snacks to make fixing meals without added sugar easier including an interactive meal planning sheet And so much more By the end of this book you will know how to live your life free of sugar reducing the chances of obesity heart disease and type 2 diabetes When you purchase this book and commit to changing how you approach sugar you will truly begin living the sweet life one free of the added sugar If you are ready to lose fat for good reclaim your health and live an amazing life scroll up click on Buy Now with 1 click and begin your sugar detox right now

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 [Sugar Detox for Beginners](#) Martha McDowell,2015-09-18 YOUR GUIDE TO EASY SUGAR DETOXThis 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 [**Sugar Detox**](#) Julie Peck,2015-07-16 There is an overwhelming amount of medical evidence that our bodies are ill because they are overloaded with sugars in many forms It is not always obvious that a food we are eating contains sugar So we ll show you how to Detect sugars even hidden in your foods Get rid of your sugar overload manifesting often as sugar cravings Eliminate the overload through an easy sugar detox plan [Sugar Detox for Beginners](#) Jason Kayne,2015-10-03 Reset Your Body with the Sugar Detox Diet People nowadays consume way too much sugar which is a major problem The consequences are obesity diabetes and other illnesses By cutting

out sugar of your diet your body can reset Your sugar cravings stop you lose weight and your energy increases In Sugar Detox for Beginners you will learn everything you need to know to successfully detox your body bust sugar cravings and stop sugar addiction You ll be amazed at the number of delicious sugar free recipes you can enjoy If you complete the 21 Day Sugar Detox Diet you will Lose weight Have more consistent energy all day long Have less stress and anxiety Have a healthier younger looking skin Prevent many serious diseases Stop cravings so you can maintain a low sugar diet after your sugar detox is complete In Sugar Detox for Beginners you will learn why sugar is so addictive You ll find out how your body processes various sugars and how eating too much sugar negatively affects you With little dedication time and effort you ll be able to reset your health and drop pounds quickly You ll be amazed by the results Cutting sugar out of your life for 21 days can be hard but Sugar Detox for Beginners will be there for you with essential advice and support It explains how to get through rough times Don t give up your body will thank you **10-Day Sugar Detox** Olga Reed,2018-01-21 Do you feel sluggish and tired every day Do you suffer from constant aches pain and weight gain problems Do you want to take back control of your health body shape and life Then this book on sugar detox is for you Habitual consumption of high amounts of sugar leads to various health problems such as cardiovascular diseases weight gain diabetes false craving skin problems and rapid aging Various studies show that sugar is more addictive than cocaine and today most Americans are addicted to sugar rich foods Often people fail to overcome sugar addiction with a regular diet The reason is as they go through withdrawal sugar craving makes it extremely difficult to stick to the diet To overcome your sugar addiction you need a detox plan This guide is designed to help you effectively and quickly cut sugar from your diet without the withdrawal syndromes The guide helps you to end your sugar cravings increase your energy and lose weight naturally The book includes the 10 day sugar detox plan A Sugar detox plan can include both vegetarian and non vegetarian recipes and the book offers both types of recipes The detox plan will improve your mental and physical health and provide lasting energy You will experience renewed energy health and happiness from the real whole nutrient rich foods that the detox plan offers Whether you are suffering from diseases such as diabetes high blood pressure high cholesterol facing a weight gain problem or simply addicted to sugar and want to live a healthier life this book on sugar detox can help you achieve the healthier version of you This 10 day sugar detox is a whole foods based diet plan that is easy to follow effective and helps you quit sugar within weeks **Sugar Detox Formula** Jennifer Hayes,2014-06-24 Sugar Diet Detox New Ways to Beat Sugar Addiction and Cravings NATURALLY DON T LET SUGAR CONTROL YOUR LIFE ANY LONGER Read what buyers of Sugar Detox are saying One book that will transform your life A subtle change to your diet that will leave you without sugar cravings the highs lows that our previous diet gave us and a clear understanding of what is slowly killing our society I have degenerative arthritis in my knees and cutting out the sugar has eliminated 95% of my pain Very easy to follow Loved the structure Never felt like torture Completely natural I highly recommend this diet I have been a sugar addict my entire adult life I have NEVER been able to go without sugar for

more than 3 days This book offered easy to follow programs that worked for me I LOVE THIS BOOK and can t wait to order the cookbook Thank you Jennifer for all your help Did you know one of the primary causes of obesity diabetes depression stress anxiety and MANY other health problems is due to the high intake of sugar Do you want to take control of your life again live sugar free and love the way you look and feel each and everyday Well Let Me Introduce The Complete Step by Step Guide to Beat Sugar Addiction For Good I know what you re thinking How am I going to quit eating sugar forever just from reading this book I totally understand I ve been there It wasn t easy for me ether It took me years testing different methods until finally finding something that works I spent several months boiling all of my research and knowledge down to it s simplest juicy form This means you don t have to go through months or even YEARS of testing all these different techniques I did all that for you The ONLY thing I need you to do is read this book and TAKE ACTION Do this and you will be MILES closer to living sugar free and feeling like you ve gained a whole new life Now this program ISN T a quick fix instead a SMART fix that said you will see and feel some incredible results in the first few days By taking this first step in the journey of quitting sugar the natural way you will have proved yourself smarter than all the people who try all theses ridiculous methods or magic pills that never work So again congratulations In this book I detail everything I did to overcome my sugar addiction so that you can do it too I even included 6 of my favorite sugar free recipes to help you get started As you work through the book you will learn the following Why sugar is so addictive How to quit eating sugar without going crazy Complete kitchen makeover Why sugar is bad for us What you really need instead of sugar A quiz to determine what kind of Sugar Addict you are Food substitutions and much more 6 of my favorite delicious recipes to help you get started You can pick up this book read through it and have an actionable step by step structure to follow so you can quit your sugar binge sprees FOR GOOD I ve only put my best research and knowledge in this book so you don t have to waste time trying out stuff on your own If you ve ever tried to get in shape before and failed don t worry It s not your fault You just haven t been guided by the right person yet So what are you waiting for Dive into the book now and learn everything you need to know about quitting Sugar The Natural Way Click the Orange Buy Now Button and Say Hello To A Better Sugar Free Life **100**

Weight-loss Tips that Really Work Fred A Stutman,2006-11-03 **Stop Sugar Addiction** Kira Kot,2017-10-21 This book provides the framework for quitting sugar and living healthy with a Sugar Detox plan The purpose for writing this book is to explain the science behind the harmful effects of sugar on the body It will give you the structure for creating a sugar detox plan that introduces you to a new world of healthy living without an excessive dependency on sugar By detoxing the body of sugar you will begin to see the positive effects which include Healthier living weight loss and increased energy This book will equip you with the tools you need to feel well and in control When you re ready to detoxify from sugar you ll find recipes inspiration and information in these pages You ll learn to think about your diet in new ways and to substitute healthful foods and behaviors for those that weren t working for you This book is designed to offer maximum flexibility and ease two things

you could probably use a lot more of in your life and your diet You ll also find information about dealing with special situations or diets that are sugar free plus something else kosher halal vegetarian Nothing should stand between you and the life and health you want Sugar detoxing should not leave you hungry fatigued or moody The opposite does happen After a few days of careful eating you should begin to feel revitalized The longer you refrain from eating sugar the easier it will likely become The better you ll feel and even look Sugar s no good for your skin either except topically Sweet Or maybe not Let s get started in walking the way Follow the guidelines and take action By ordering this book you have taken the first step towards creating successful habits that will benefit you the world over Thanks again for having downloaded this book it is my hope that you enjoy it

Sugar Detox Guide: Beat Cravings and Lose Weight in 21 Days Or Less Ethan Owen,2014-07-29 To learn about the sugar detox and what the benefits are you must get a copy of Sugar Detox Guide by Ethan Owen The main aim that the author has with this book is to provide you with a practical and sound way of getting over sugar addiction You can learn simple and straightforward ways of being able to beat those pesky sugar cravings By following what you will learn in this book you can wean yourself of sweet foods and protect yourself from things such as diabetes and heart disease Grab your copy to help you fight dangerous sugar addiction

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 *Happy Gut* Vincent Pedre, 2015-12-29

A four step program to restore the gastrointestinal system including recipes and meal plans. A trove of health and life enhancing information. David Perlmutter MD 1 New York Times bestselling author of *Grain Brain*. Dr. Vincent Pedre understands gut problems firsthand. He suffered from IBS for years before becoming an expert in functional medicine and learning how to heal his body from the inside. Dr. Pedre used his own experience to develop the Gut C A R E program, an approach that draws from both Western and Eastern methodologies combining integrative and functional medicine that has a proven success record in his private practice in New York. Now for the first time, Dr. Pedre makes his revolutionary plan for health and wellness available to everyone. *Happy Gut* takes you step by step through Gut C A R E: Cleanse, Activate, Restore, and Enhance, which eliminates food triggers, clears the gut of unfriendly pathogens and replaces them with healthy probiotics and nutrients that repair and heal the gut. Rather than masking symptoms with medication, he shows us how to address the problem at its core to restore the gastrointestinal system to its proper functioning state. By fixing problems in the gut, followers of Dr. Pedre's program have found that their other health woes are also cured and have lost weight, gained energy and improved seemingly unrelated issues such as seasonal allergies, bad skin and fatigue. In addition to eliminating their chronic muscle and abdominal pain, Complete with recipes and meal plans including gluten free, low fat and vegetarian options, a twenty eight day gut cleanse and yoga postures to help digestion, *Happy Gut* will help you feel better and eliminate gut issues for life.

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