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Sugar Detox Plan A 10 Step Blueprint for Quitting Sugar

A proven sugar detox plan could mean the difference between you having an easier time losing weight, eating well, and feeling great or Continuing to suffer with candida overgrowth

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Top 10 Big Ideas How to Detox from Sugar Dr Mark Hyman

Here s the not-so-sweet truth. We are killings ourselves by consuming truckloads of hidden sugar. Sugar is the New Fat. Despite 40 years of Americans being brainwashed into thinking that fat is bad, it turns out it s sugar, not fat, that makes you sick and overweight.

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Daily Guide The 21 Day Sugar Detox by Diane Sanfilippo

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Opinion A Month Without Sugar The New York Times

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