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I Quit Sugar Your Complete 8 Week Detox Program and

Book Description. The huge Australian bestseller: kick the sugar habit, lose weight and change your life. About the Author. Sarah Wilson is an Australian media personality, journalist, health coach and blogger.

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5 Tips to Quit Sugar the Spirit Junkie Way Gabby Bernstein

In this post Gabby Bernstein offers 5 tips for how to quit sugar the Spirit Junkie way, plus a sugar-free brownies recipe.

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30 Reasons to Quit Coffee Cheeseslave

Before I get into the 30 reasons to quit coffee, I want to share this personal story. Things got stressful just before the Wise Traditions conference this fall. I wasn't getting enough sleep and I was working too much. I found myself resorting to a cup of coffee here and there, and the next thing

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