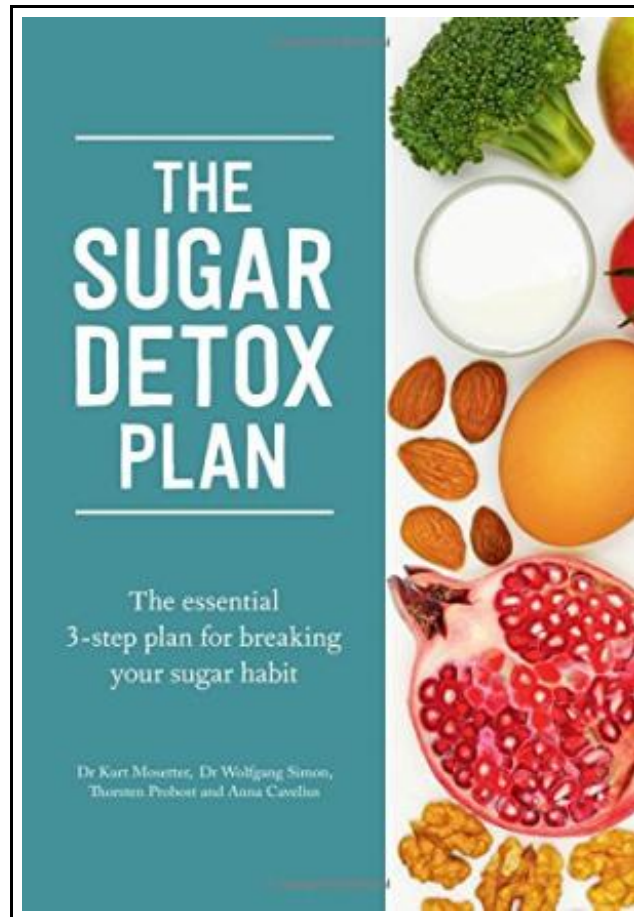


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THE SUGAR DETOX PLAN: THE ESSENTIAL 3-STEP PLAN TO BREAKING YOUR SUGAR HABIT (HARDBACK)

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Modern Books, United Kingdom, 2016. Hardback. Book Condition: New. 240 x 171 mm. Language: English . Brand New Book. Excessive consumption of sugar can lead to a range of diseases, such as type-2 diabetes, cancer, depression and even neurodegenerative conditions such as Alzheimer s and multiple sclerosis. Through a motivational 3-step programme The Sugar Detox Plan helps you identify hidden sugars and reduce consumption. * Step 1 - get informed about the dangers of sugar and monitor your current sugar intake.* Step 2 - how to break the addiction and reduce intake including information about alternative sugars with over 35 sugar-free recipes to get you started.* Step 3 - how to stay on track and maintain consistent sugar levels with the inclusion of a regular exercise programme.



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