



The 3-Week Sugar Detox: 25 Tasty Sugar Free Recipes Meal Plan for Achieving Optimal Health

By Amaia Kat

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The 3-Week Sugar Detox Take control of your sugar intakes, not the other way. Read what buyers of 3-week sugar detox are saying: Although I know the right foods to eat and that a lot of foods contain hidden sugars, reading it makes me be more aware and make better choices. - Jennifer The best part about this book is where it identifies common names of labels that contain sugar like Treacle or Xylose. Definitely an eye opener. - Glenn Y Do you know that the main causes of: Anxiety, stress, obesity, depression, Insomnia, food cravings, diabetes and other health problems are directly related to the high intake of sugar? If you want to start taking control of your health and live free of sugars that are affecting you. (Not all sugars are bad) 3-week sugar detox is the right step-by-step guide toward achieving your optimal health. Let me be clear why: You will reset your habits naturally It will teach you how to recognize good sugar from bad sugar. You will go from the beginner phase to...



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