



Health: Diet: Sugar Detox To End Sugar Addiction (Weight Loss Cleanse Sugar Detox) (Blood Type Diets Food Additives Diabetes)

Kim Anthony

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LIMITED TIME BONUS INCLUDED: FREE BOOK: Cleanse: Beginner's Cleansing Guide to Detox Our Bodies for Fast Weight Loss and Better Overall Health

Discover the Benefits of a Sugar Detox and How to Get Started

Do you want to know how to detox your body without having to read a 300 page book?

Then this book is for you! You're about to discover the health risks associated with sugar and why you need to get started on a sugar detox. Sugar is in 99% of the processed, packaged foods most of us eat. We're all consuming more sugar than we think because it's more than just the sugar you put in your coffee or the sugar in chocolate.

The truth is if you're unhappy with your physical appearance, or health and haven't been able to improve it you're simply lacking an effective strategy to make the necessary changes. This book will go into a step-by-step strategy on how to go into a sugar detox so you can drop those unnecessary pounds, be less moody, less headaches, clearer skin, more energy and live a healthier lifestyle.

Here Is A Preview Of What You'll Learn...

- Why You Need to Go on a Sugar Detox
- Benefits of a Sugar Detox
- Preparing yourself for a Sugar Detox
- Realize That Food Addiction is True
- The Ten-Day Sugar Detox
- The Three-Day Sugar Detox
- Transitioning to a Healthy Lifestyle
- Towards an Easier and More Rewarding Healthy Lifestyle

- Much, much more!

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Andrew Wilson:

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Jose Shepard:

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