



## Weight Loss by Quitting Sugar and Carb - Learn How to Overcome Sugar Addiction - A Sugar Buster Super Detox Diet: Learn How to Overcome Sugar Addiction a Sugar Buster Detox Diet (Paperback)

By Milo E Newton

Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Amazon Best Seller! Sugar, Carbs Detox and Weight Loss: Most people know that sugar is not a very healthy food, but few understand that it is similar to some of the most potent drugs. Sugar can affect brain function, disrupt healthy metabolic processes, and cause substantial weight gain over only a short period of time. Not only is it unhealthy, but it is almost unavoidable. Food growers and makers have been adding sugar to almost every imaginable food and beverage since the 1970s (including baby formula), and today it is a leading contributor to the obesity epidemic as well as many chronic diseases. In Overcoming Your Sugar Addiction you will learn all about sugar in the modern diet. Not only will you discover why sugar appears as widely as it does in the food supply, but you will learn the many reasons that you should cut it from your diet. Readers will learn about: Sugar addiction and how it is a real problem; Added sugar and how it is not needed in food or the human metabolism; How...



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*Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.*

-- **Joshua Gerhold PhD**

*A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.*

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