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Quit Sugar in Just 21 Days: Step-by-Step Sugar Detox to Naturally Beat Cravings and Addiction

Sarah Green

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• Do you have diabetes in your family?
• Are you worried about how sugar is impacting your health?
• Have you tried to quit sugar before but struggled?
• Do you rely on candy or soda to get you through the day?
• Do you follow the Paleo diet – or any other diet – that requires you to avoid sugar?

If you answered "yes" to any of these questions, then this book is for you!

This practical step-by-step program will successfully guide you through the process of removing refined sugar from your diet. I provide all the action steps and information that I personally used to quit sugar over 10 years ago and that I've been using to help other people quit sugar ever since.

This 21-Day Detox Program is a proven sugar detox which gives you all the tools to finally make this vital life change for yourself so that you can improve your health and vitality as well as lose weight.

Understanding sugar and its effects on the body can be complex, which is why all the information has been broken down into small chunks. You just need to take action on one short section each day.

This comprehensive guide includes:

• Practical steps to take to FINALLY quit sugar… For good!
• All the reasons why you've been struggling – and how to overcome them
• Foods that actually help you quit sugar
• Common myths about sugar… And the truth
• Healthy recipes to naturally satisfy your sweet cravings
• All recipes adapted for Paleo, vegan, lactose-free, and gluten-free diets
• Scientific research on sugar and the health problems it causes
• Nutritional information for each recipe
• And much more!

Ready to start your new life TODAY? Scroll up and grab your copy!

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Megan Fairbanks:

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Are you kind of active person, only have 10 or perhaps 15 minute in your day time to upgrading your mind expertise or thinking skill actually analytical thinking? Then you are having problem with the book when compared with can satisfy your short time to read it because pretty much everything time you only find book that need more time to be study. Quit Sugar in Just 21 Days: Step-by-Step Sugar Detox to Naturally Beat Cravings and Addiction can be your answer as it can be read by you who have those short extra time problems.

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