



Sugar Addiction: Ultimate Sugar Addiction Detox Guide! - How to Beat Cravings Naturally and Cure Sugar Addiction with This Ultimate Sugar Detox Diet Formula! (Paperback)

By Sarah Brooks

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This Sugar Addiction book contains proven steps and strategies on how to naturally curb your sugar cravings and eventually free you from sugar addiction. Today only, get this Amazing Amazon book for this incredibly discounted price! All forms of addiction can seem rewarding, and it is no different with sugar. Though it is neither drug nor alcohol, the effects of sugar addiction can be detrimental to health and behavior. It is important that you recognize if you are addicted to sugar so that you can avoid the potentially harmful effects of this addiction. This book highlights signs and symptoms of sugar addiction and natural means to beat it. It will help you realize the possible consequences of not addressing and bringing to an end this addiction. You will also find helpful sugar detox diet recipes, recipes for smoothies, herbal remedies and natural ingredients that curb sugar cravings. Here Is A Preview Of What You ll Learn. Introduction For Sugar Addiction Signs That You May Be Addicted To Sugar Types Of Sugar Addiction And How To Beat Cravings Naturally Blood Sugar Solutions Sugar Addiction Detox Smoothies...



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