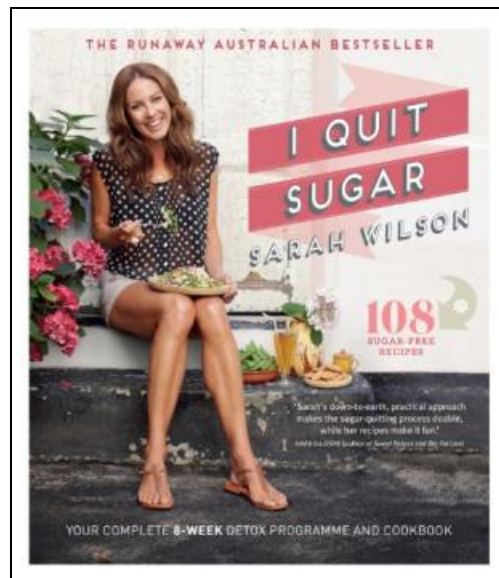


## I Quit Sugar: Your Complete 8-Week Detox Program and Cookbook (Main Market Ed.)



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## I QUIT SUGAR: YOUR COMPLETE 8-WEEK DETOX PROGRAM AND COOKBOOK (MAIN MARKET ED.)

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Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, I Quit Sugar: Your Complete 8-Week Detox Program and Cookbook (Main Market Ed.), Sarah Wilson, 'I lost weight and my skin changed, it cleared. But when I quit the white stuff, I also started to heal. I found wellness and the kind of energy and sparkle I had as a kid. I don't believe in diets or in making eating miserable. This plan and the recipes are designed for lasting wellness.' Sarah Wilson was a self-confessed sugar addict, eating the equivalent of twenty-five teaspoons of sugar every day, before making the link between her sugar consumption and a lifetime of mood disorders, fluctuating weight issues, sleep problems and thyroid disease. She knew she had to make a change. What started as an experiment soon became a way of life, then a campaign to alert others to the health dangers of sugar. I Quit Sugar uses Sarah's personal experience to help you: \* beat the sugar habit with a tested eight week plan \* overcome cravings via proven and easy tricks \* find healthy sugar substitutes \* cook sugar-free: over a hundred desserts, cakes, chocolate, kids' treats, snacks and easy detox meals 'Sarah's down-to-earth, practical approach makes the sugar-quitting process doable, while her recipes make it fun' David Gillespie, author of Sweet Poison.

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