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The Sugar Detox Solution: A Proven Strategy for Weight Loss, Improving Your Health and Feeling Great by Defeating Your Sugar Cravings and Addiction

By Hanna Davis

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Sugar Detox Solution If you are someone serious about getting rid of your addiction to sugar and sweets, this book is for you. - Ana Marie Quick! What do you have to eat in your desk drawer? Chips? Candy bar? Twinkies? Maybe a bear claw or honey bun. If you re like the average person, you keep a little something on hand to satisfy that afternoon drop in energy and give you a boost to get you through the remainder of the day. The craving you feel is usually for something sweet I bet. Maybe a doughnut or a few cookies. Sound familiar? How about this: What s the last thing you had to drink? Coffee? Tea? Soda? Perhaps there s a 12 ounce can on your desk right now? Maybe even a 24 ounce bottle! Is it possible that you are addicted to sugar? Is sugar even something you can become addicted to? How do you know for sure? I ll discuss these topics and a whole lot more. It will help you become aware of...


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