



21-Day Sugar Detox Demystified: Drop Sugar to Cut Cravings and Lose Weight (Paperback)

By Kelly Meral

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. 21-Day Sugar Detox Demystified - Drop Sugar to Cut Cravings and Lose Weight Many people do not realize just how much sugar they consume on a daily or weekly basis. Even if you only put a little in your morning coffee, there are plenty of hidden sugars in the foods you eat. Sugar is not only a highcalorie food, but it can also have devastating effects on your body - it can contribute to a number of serious conditions including Type 2 Diabetes and heart disease. If you are serious about improving your health and kicking sugar cravings for good, you may want to consider a sugar detox. A sugar detox does not have to be complicated - in this book you will learn all of the basics that you need to know to understand what a sugar detox is and how it works. Here you will find a brief overview of how sugar affects your body and a quiz to determine your own level of sugar consumption. From there you will move on...



Reviews

This book may be really worth a read through, and a lot better than other. It is really basic but excitement inside the 50 % in the pdf. I realized this pdf from my dad and i encouraged this publication to learn.

-- Curtis Bartell

The book is straightforward in study better to comprehend. It is really simplistic but unexpected situations in the fifty percent of the ebook. Its been written in an exceptionally simple way which is simply after i finished reading through this ebook in which basically altered me, affect the way i really believe.

-- Letha Corwin

Other Books



Twitter Marketing Workbook: How to Market Your Business on Twitter (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Workbook. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Twitter Marketing Workbook 2016 Learn how to market your business on Twitter for free A best-selling...



Do Monsters Wear Undies Coloring Book: A Rhyming Children's Coloring Book (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Mark Smith (illustrator). 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. A #1 Best Selling Children s Book Is Now A Coloring Book! Parents and...



From Out the Vasty Deep (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand ******.Love, ghosts, mystery and a sense of impending horror are the ingredients of this story which is...



Halloween Stories: Spooky Short Stories for Kids (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Spooky Halloween Ghost Stories for Kids! This book is not just any book, but rather a challenge. A challenge to all...



Hoppy the Happy Frog: Short Stories, Games, Jokes, and More! (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Are you looking for a kid s or children s book that is highly entertaining, great for early readers, and...



Bedtime Stories for Kids (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English. Brand New Book ***** Print on Demand *****. Are you looking for a children s book that is highly entertaining, great for early readers, and is jam-packed with...