

Sugar Free: A Simple Guide to Kick-Start Your Sugar-Free Lifestyle, Lose Weight, Feel Great (Paperback)



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SUGAR FREE: A SIMPLE GUIDE TO KICK-START YOUR SUGAR-FREE LIFESTYLE, LOSE WEIGHT, FEEL GREAT (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Added sugars are everywhere, even in some of the foods that we think are healthy. We can find them under many different names, but when they come together, they can wreak havoc on our health with things like high blood pressure, obesity, and type 2 diabetes. Understanding how sugars affect us and how to eliminate the added sugars can help you to feel healthier overall. Some of the things that we will discuss in this guidebook that will help you to understand how sugar will affect your diet and your health include: -What is sugar? -Is sugar necessary in our diets? -How much sugar do I need each day? -The sugar industry cover up -Harmful health effects caused by excessive sugar consumption -Artificial sweeteners and how they affect you. -Why we love sugar and why it is considered so addictive -Sugar and cancer and how they are connected -Some of the healthy sugar replacement -The glycemic index ad how it relates to the glycemic load -Some simple strategies to go through a sugar detox -How the Paleo diet and the Ketogenic diet can help you to fight off sugar -Some more FAQ s about sugar When you are ready to get your health back in line and feel better overall, it is time to make sure that you reduce the amount of added sugars that are in your diet. Follow this guidebook and learn some of the simple tips to make this happen!.

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