



## **Sugar Detox Box Set (2 in 1): End Your Sugar Addiction With This Step-to-Step Plan, Lose Weight and Feel Great (Cleanse and Detox)**

*Julie Peck, Constance Powell*

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## **Sugar Detox Box Set (2 in 1)**

### **Book One: Sugar Detox: Overcome Sugar Addiction and Bust Sugar Cravings to Lose Weight and Feel Great!**

There is an overwhelming amount of medical evidence that our bodies are ill because they are overloaded with sugars in many forms. It is not always obvious that a food we are eating contains sugar, so we'll show you how to.

#### **In this book you will learn:**

- Detect sugars, even hidden, in your foods
- Get rid of your sugar overload, manifesting often as sugar cravings
- Eliminate the overload through an easy sugar detox plan

### **Book Two: Sugar Detox: Step by Step Plan to End Sugar Addiction**

Whether we like to think of it as an addiction or not, sugar can become a dependence and ultimately an addiction for a great number of people. "Sugar Detox: Step by Step Plan to End Sugar Addiction" is a book that tackles that very topic and attempts to remedy the difficulty of giving up sugar with a helpful and easy to follow step by step guide to detoxing from sugar.

"Sugar Detox: Step by Step Plan to End Sugar Addiction" isn't your average book, namely because it doesn't just sit back and demand that readers start doing one thing and stop doing another. It is a gentle book written by individuals who themselves struggle with sugar addiction and who have taken on sugar detox many times throughout their lives and found very few methods that actually work.

As you journey through " Sugar Detox: Step by Step Plan to End Sugar Addiction" you will not only learn why it is important to detox your body from your sugar addiction but you will also learn the easiest way to go about your detox without worrying about slipping back into old habits and ruining any progress that you have already made!

Forget the books that treat you like you have will power of steel...because really, who does? This book treats you like a real live human being facing an issue that real live human beings struggle with. This book doesn't ignore the fact that sugar is delicious and tempting and it doesn't expect that you're not going to slip up, but it does expect that you're going to do your best, and it does prepare you to take on your small mistakes and still keep going.

### **Here is a preview of what you will learn from this book:**

- The importance of sugar detoxing
- How to replace your sugar-rich foods
- How to end your sugar cravings
- Making your life a sugar free life
- And Much More

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### **From reader reviews:**

#### **Robert Gibson:**

Do you among people who can't read enjoyable if the sentence chained from the straightway, hold on guys this particular aren't like that. This Sugar Detox Box Set (2 in 1): End Your Sugar Addiction With This Step-to-Step Plan, Lose Weight and Feel Great (Cleanse and Detox) book is readable through you who hate those perfect word style. You will find the data here are arrange for enjoyable reading experience without leaving possibly decrease the knowledge that want to provide to you. The writer associated with Sugar Detox Box Set (2 in 1): End Your Sugar Addiction With This Step-to-Step Plan, Lose Weight and Feel Great (Cleanse and Detox) content conveys thinking easily to understand by a lot of people. The printed and e-book are not different in the content material but it just different as it. So , do you still thinking Sugar Detox Box Set (2 in 1): End Your Sugar Addiction With This Step-to-Step Plan, Lose Weight and Feel Great (Cleanse and Detox) is not loveable to be your top record reading book?

#### **Wilma Baca:**

A lot of people always spent their particular free time to vacation or even go to the outside with them family members or their friend. Do you know? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity that is look different you can read a book. It is really fun for you. If you enjoy the book that you just read you can spent the entire day to reading a guide. The book Sugar Detox Box Set (2 in 1): End Your Sugar Addiction With This Step-to-Step Plan, Lose Weight and Feel Great (Cleanse and Detox) it is very good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. If you did not have enough space bringing this book you can buy often the e-book. You can m0ore quickly to read this book from your smart phone. The price is not very costly but this book has high quality.

#### **Carl Adams:**

Sugar Detox Box Set (2 in 1): End Your Sugar Addiction With This Step-to-Step Plan, Lose Weight and Feel Great (Cleanse and Detox) can be one of your beginner books that are good idea. We recommend that straight away because this e-book has good vocabulary that may increase your knowledge in vocabulary, easy to understand, bit entertaining however delivering the information. The article author giving his/her effort that will put every word into pleasure arrangement in writing Sugar Detox Box Set (2 in 1): End Your Sugar Addiction With This Step-to-Step Plan, Lose Weight and Feel Great (Cleanse and Detox) yet doesn't forget the main point, giving the reader the hottest and also based confirm resource facts that maybe you can be one of it. This great information can easily drawn you into completely new stage of crucial pondering.

#### **Robert Thomas:**

Your reading 6th sense will not betray you actually, why because this Sugar Detox Box Set (2 in 1): End Your Sugar Addiction With This Step-to-Step Plan, Lose Weight and Feel Great (Cleanse and Detox) e-book

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