



# Quit Sugar in Just 21 Days: Step-by-Step Sugar Detox to Naturally Beat Cravings and Addiction

*Sarah Green*

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- Do you have diabetes in your family?
- Are you worried about how sugar is impacting your health?
- Have you tried to quit sugar before but struggled?
- Do you rely on candy or soda to get you through the day?
- Do you follow the Paleo diet – or any other diet – that requires you to avoid sugar?

If you answered "yes" to any of these questions, then this book is for you!

This practical step-by-step program will successfully guide you through the process of removing refined sugar from your diet. I provide all the action steps and information that I personally used to quit sugar over 10 years ago and that I've been using to help other people quit sugar ever since.

This 21-Day Detox Program is a proven sugar detox which gives you all the tools to finally make this vital life change for yourself so that you can improve your health and vitality as well as lose weight.

Understanding sugar and its effects on the body can be complex, which is why all the information has been broken down into small chunks. You just need to take action on one short section each day.

This comprehensive guide includes:

- Practical steps to take to FINALLY quit sugar... For good!
- All the reasons why you've been struggling – and how to overcome them
- Foods that actually help you quit sugar
- Common myths about sugar... And the truth
- Healthy recipes to naturally satisfy your sweet cravings
- All recipes adapted for Paleo, vegan, lactose-free, and gluten-free diets
- Scientific research on sugar and the health problems it causes
- Nutritional information for each recipe
- And much more!

Ready to start your new life TODAY? Scroll up and grab your copy!

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#### **Robert Russo:**

Spent a free time to be fun activity to do! A lot of people spent their free time with their family, or their particular friends. Usually they undertaking activity like watching television, likely to beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Could possibly be reading a book might be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to test look for book, may be the reserve untitled Quit Sugar in Just 21 Days: Step-by-Step Sugar Detox to Naturally Beat Cravings and Addiction can be good book to read. May be it may be best activity to you.

#### **Denise Rutledge:**

A lot of people always spent their very own free time to vacation or maybe go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity that's look different you can read some sort of book. It is really fun for yourself. If you enjoy the book which you read you can spent 24 hours a day to reading a e-book. The book Quit Sugar in Just 21 Days: Step-by-Step Sugar Detox to Naturally Beat Cravings and Addiction it is very good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. If you did not have enough space to develop this book you can buy typically the e-book. You can m0ore quickly to read this book from your smart phone. The price is not very costly but this book possesses high quality.

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