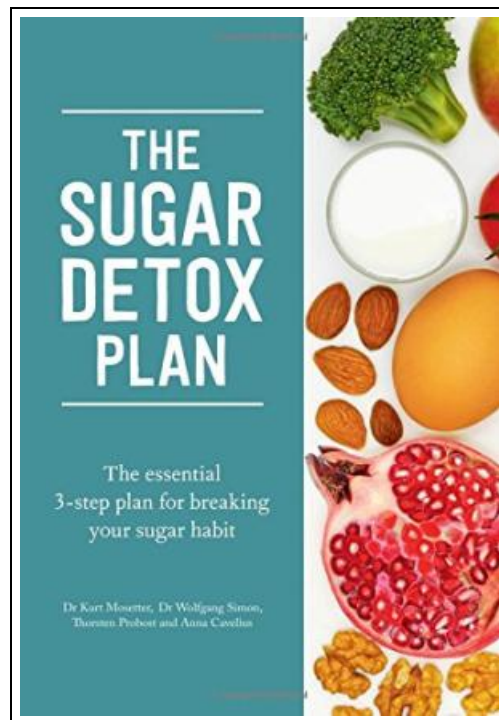


The Sugar Detox Plan: The Essential 3-Step Plan to Breaking Your Sugar Habit (Hardback)



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These kinds of book is every thing and helped me hunting forward plus more. It is probably the most remarkable book we have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.
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THE SUGAR DETOX PLAN: THE ESSENTIAL 3-STEP PLAN TO BREAKING YOUR SUGAR HABIT (HARDBACK)



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Modern Books, United Kingdom, 2016. Hardback. Book Condition: New. 240 x 171 mm. Language: English . Brand New Book. Excessive consumption of sugar can lead to a range of diseases, such as type-2 diabetes, cancer, depression and even neurodegenerative conditions such as Alzheimer s and multiple sclerosis. Through a motivational 3-step programme The Sugar Detox Plan helps you identify hidden sugars and reduce consumption. * Step 1 - get informed about the dangers of sugar and monitor your current sugar intake.* Step 2 - how to break the addiction and reduce intake including information about alternative sugars with over 35 sugar-free recipes to get you started.* Step 3 - how to stay on track and maintain consistent sugar levels with the inclusion of a regular exercise programme.



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