



## The Sugar Detox: Lose the Sugar, Lose the Weight Look and Feel Great

By Brooke Alpert, Patricia Farris

AudioGo, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 147 x 132 mm. Language: English . Brand New. Lick your sugar habit for good! Sugar is the new controlled substance. The average American consumes up to thirty-one pounds of sugar per year, and a diet high in sugar can cause diabetes, obesity, and many other health problems. Our excess intake of sugar, from the white stuff on the table to the high-fructose corn syrup hidden in packaged foods, is not only making us sick, it's making us fat and aging our skin. Now nutritionist Brooke Alpert and dermatologist Patricia Farris team up in this revolutionary program that helps get the sugar out of your diet to recapture youthful skin and good health. Designed to limit excess blood sugar, slim your waistline, increase your energy levels, and improve your skin, this combined approach to nutrition and skin care will make you feel and look better than you ever have before. The Sugar Detox will put you on the path to good health with: A proven three-day jump-start plan to break your sugar addiction A thirty-one-day-meal plan incorporating healthy sugars Shopping lists and approved food brands list Strategies for combating cravings and dining out Lists of key...



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### Reviews

*This book will never be straightforward to start on reading through but quite enjoyable to learn. Better than never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.*

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*This publication may be worth purchasing. it was actually writtern quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book i actually have study inside my personal life and can be he best ebook for actually.*

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