



Sugar Addiction - Beat Sugar Addiction Today (Paperback)

By Tina Johnson

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Is sugar addiction killing your weight loss success or worried you've become a sugar addict and it's starting to affect your health? You're not alone, the average American goes through a whopping 160lbs of sugar per year, leading to health problems like obesity, heart disease and diabetes. If only it could be easy to beat sugar addiction now? If only it was easy to go to the local store without filling your basket with sugary treats? There and it's called Sugar Addiction - 38 Ways To Beat Your Sugar Addiction. In it you're about to discover. - Why changing the color of your food can cure sugar addictions fast and forever - How a simple everyday spice can reduce your hunger for sugar - Which everyday fruit can help you stop eating sugar plus lose 12 pounds of fat in the next 3 months! - Why fish oils aren't just for skin and nails and why they need to be in your sugar busters toolbox - Why you should never use artificial sweeteners for beating sugar addiction -...



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Reviews

This ebook is worth purchasing. It is written in straightforward words and not hard to understand. You will not feel monotony at any time of your respective time (that's what catalogs are for about in the event you ask me).

-- Eileen Klingl

The very best book I at any time read. It generally does not price an excessive amount of. I discovered this publication from my dad and I recommended this book to understand.

-- Joseph Hettinger