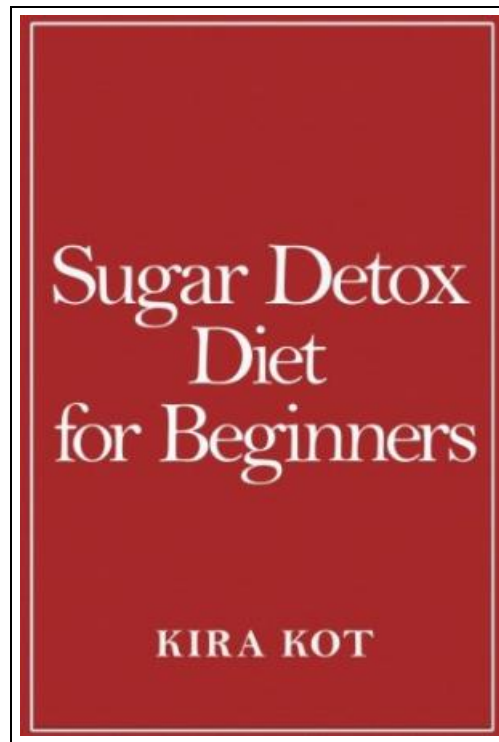


## Sugar Detox Diet for Beginners (Paperback)



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## SUGAR DETOX DIET FOR BEGINNERS (PAPERBACK)



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Ready for a sugar detox that will end your sugar cravings and sugar addiction for life? Statistics say that the average American consumes 156 pounds of added sugar each year. Yet, sugar can be extremely damaging to the body because it can cause all kinds of life-threatening diseases. The increase of sugar levels in the blood means the body is susceptible to more ailments like diabetes, and Glaucoma cancer can be said to possess a better likelihood of growing in a fat body as opposed to a thin one. It s difficult to fight a sugar addiction, but your well-being will improve significantly by getting a Sugar Detox. Studies show that sugar causes the brain to react in a similar way that it does to opiates like heroin. It makes you consume more sugar to get the same high you had before. The Sugar Detox procedures are extremely beneficial to cease further fat storage within the body; they operate through the principle of replacing the sugar consumption by raising the consumption of vegetables, processed meat, wholegrain wheat and so on. It is necessary to keep our body s alkalinity level, as well as the previously listed elements, to help preserve it. It is therefore essential to integrate a Sugar Detox strategy, which ceases such mood swings. The dietary plan isn t just as with every other drug detoxification plans out there, it s in fact more like the craving for sugar as well as a lifestyle that includes lots of wholesome food which then helps to cut down both the habits. The ill health effects alone should be reason enough to stop a sugar addiction. Consuming excessive sugar also weakens the...



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