



Sugar Detox Box Set (2 in 1): End Your Sugar Addiction With This Step-to-Step Plan, Lose Weight and Feel Great (Cleanse and Detox)

Julie Peck, Constance Powell

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Sugar Detox Box Set (2 in 1)

Book One: Sugar Detox: Overcome Sugar Addiction and Bust Sugar Cravings to Lose Weight and Feel Great!

There is an overwhelming amount of medical evidence that our bodies are ill because they are overloaded with sugars in many forms. It is not always obvious that a food we are eating contains sugar, so we'll show you how to.

In this book you will learn:

- Detect sugars, even hidden, in your foods
- Get rid of your sugar overload, manifesting often as sugar cravings
- Eliminate the overload through an easy sugar detox plan

Book Two: Sugar Detox: Step by Step Plan to End Sugar Addiction

Whether we like to think of it as an addiction or not, sugar can become a dependence and ultimately an addiction for a great number of people. "Sugar Detox: Step by Step Plan to End Sugar Addiction" is a book that tackles that very topic and attempts to remedy the difficulty of giving up sugar with a helpful and easy to follow step by step guide to detoxing from sugar.

"Sugar Detox: Step by Step Plan to End Sugar Addiction" isn't your average book, namely because it doesn't just sit back and demand that readers start doing one thing and stop doing another. It is a gentle book written by individuals who themselves struggle with sugar addiction and who have taken on sugar detox many times throughout their lives and found very few methods that actually work.

As you journey through " Sugar Detox: Step by Step Plan to End Sugar Addiction" you will not only learn why it is important to detox your body from your sugar addiction but you will also learn the easiest way to go about your detox without worrying about slipping back into old habits and ruining any progress that you have already made!

Forget the books that treat you like you have will power of steel...because really, who does? This book treats you like a real live human being facing an issue that real live human beings struggle with. This book doesn't ignore the fact that sugar is delicious and tempting and it doesn't expect that you're not going to slip up, but it does expect that you're going to do your best, and it does prepare you to take on your small mistakes and still keep going.

Here is a preview of what you will learn from this book:

- The importance of sugar detoxing
- How to replace your sugar-rich foods
- How to end your sugar cravings
- Making your life a sugar free life
- And Much More

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Virginia Gauvin:

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