



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

Brooke Alpert MS RD, Patricia Farris MD

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Lick your sugar habit for good

From spoonfuls in our coffee to corn syrup in packaged foods and even natural sources like fruit, sugar is a huge part of our diet, and we're consuming more of it every year. This damaging habit not only makes us sick, overweight, and listless, it also ages us well beyond our years.

Now, in *The Sugar Detox*, acclaimed nutritionist Brooke Alpert and skincare guru Patricia Farris have combined their expertise to offer an easy plan to slim your waistline, restore your energy, and rejuvenate your skin. *The Sugar Detox* will put you on the path to feeling—and looking—your absolute best, with:

- A proven three-day jumpstart plan to break your sugar addiction
- A four-week meal plan incorporating healthy sugars
- Shopping lists and satiating recipes
- Strategies for combating cravings and dining out
- Lists of key health-supporting superfoods
- Tips on surprising places where sugar lurks

"A great resource for anyone trying to cut down on their sugar consumption...offers great insight on the 'surprise' sugar content of many of our favorite foods."—*Portland Book Review*

"Packs in fascinating research on the significant chemical impact of sugar on your skin, along with other systems of your body."—*Organic Spa*

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Dominique Rigney:

Book is to be different for every grade. Book for children until adult are different content. As you may know that book is very important usually. The book The Sugar Detox: Lose the Sugar, Lose the Weight--Look and Feel Great has been making you to know about other expertise and of course you can take more information. It is very advantages for you. The e-book The Sugar Detox: Lose the Sugar, Lose the Weight--Look and Feel Great is not only giving you more new information but also to get your friend when you sense bored. You can spend your current spend time to read your reserve. Try to make relationship using the book The Sugar Detox: Lose the Sugar, Lose the Weight--Look and Feel Great. You never experience lose out for everything in the event you read some books.

David Mathews:

Is it an individual who having spare time in that case spend it whole day through watching television programs or just lying down on the bed? Do you need something totally new? This The Sugar Detox: Lose the Sugar, Lose the Weight--Look and Feel Great can be the respond to, oh how comes? A book you know. You are and so out of date, spending your extra time by reading in this brand-new era is common not a nerd activity. So what these books have than the others?

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With this era which is the greater man or woman or who has ability to do something more are more treasured than other. Do you want to become certainly one of it? It is just simple approach to have that. What you have to do is just spending your time not much but quite enough to possess a look at some books. One of several books in the top listing in your reading list is actually The Sugar Detox: Lose the Sugar, Lose the Weight--Look and Feel Great. This book and that is qualified as The Hungry Hillside can get you closer in becoming precious person. By looking right up and review this book you can get many advantages.

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