



Two Best Sellers Book Bundle: Weight Loss, Addiction and Detox Series(enhanced): Weight Loss by Quitting Sugar and Carb Dash Diet: Heart Health, H

By Milo E Newton

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 253 pages. This Bundle is also an Amazon Best Seller!TWO NO. 1 BEST SELLERS BOOK BUNDLE: Weight Loss, Addiction and Detox Series! (ENHANCED EDITION) Weight Loss by Quitting Sugar and Carb! Dash Diet: Heart Health, High Blood Pressure, Cholesterol, FREE RECIPESugar Book Summary: Most people know that sugar is not a very healthy food, but few understand that it is similar to some of the most potent drugs. Sugar can affect brain function, disrupt healthy metabolic processes, and cause substantial weight gain over only a short period of time. Not only is it unhealthy, but it is almost unavoidable. Food growers and makers have been adding sugar to almost every imaginable food and beverage since the 1970s (including baby formula), and today it is a leading contributor to the obesity epidemic as well as many chronic diseases. In Weight Loss by Quitting Sugar and Carb - A Sugar Buster Super Detox Diet you will learn all about sugar in the modern diet. Not only will you discover why sugar appears as widely as it does in the food supply, but you will learn the many reasons that you...



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Reviews

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Brennan Koelpin**

Comprehensive guide! Its this type of very good read through. It is actually writter in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Bernie Mante PhD**