



# **The Sugar Detox Solution: A Proven Strategy for Weight Loss, Improving Your Health and Feeling Great by Defeating Your Sugar Cravings and Addiction (Healthy Life Series Book 2)**

*Hanna Davis*

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## **The Sugar Detox Solution**

*"If you are someone serious about getting rid of your addiction to sugar and sweets, this book is for you." – Ana Marie*

**Quick! What do you have to eat in your desk drawer?  
Chips? Candy bar? Twinkies? Maybe a bear claw or honey bun...**

If you're like the average person, you keep a little something on hand to satisfy that afternoon drop in energy and give you a boost to get you through the remainder of the day. The craving you feel is usually for something sweet I bet. Maybe a doughnut or a few cookies. Sound familiar?

**How about this: What's the last thing you had to drink? Coffee? Tea? Soda? Perhaps there's a 12 ounce can on your desk right now? Maybe even a 24 ounce bottle!**

Is it possible that you are addicted to sugar? Is sugar even something you can become addicted to? How do you know for sure? I'll discuss these topics and a whole lot more. It will help you become aware of the many different kinds of sugar as well as some of the tricky "scientific" names marketers often use to try and hide the fact that their product contains sugar and lots of it. I provide all of this in an effort to help you decide that detoxing your body from sugar is a very good idea.

**The Sugar Detox Solution will help you feel better and lose weight while beating your sugar addiction using proven techniques**

Is it possible to quit sugar altogether? Well, the short answer is yes, it is possible. However, there is more to it than that. Our bodies need sugar for energy and basic cognitive process. But how much and what kind? Which sugars are good and which are bad? Are there foods with hidden sugars? We are going to discuss those topics as well as others in this book as I teach you how to detox your body from sugar's deadly grip.

**Here Is A Preview Of What's Inside...**

- Is Sugar Addictive?
- Differences Between Good and Bad Sugars
- Step by Step Detox Plan
- What to Eat and What to Avoid
- 21 Fabulous, Normal Sugar Detox Recipes
- Strategies to Stay on Track For Good
- And much, much more!

This isn't a diet, but rather a very healthy lifestyle change your body needs and deserves. This book is meant to be a useful guide to those who want to get started on the path of healthy living through the elimination of bad sugars in their daily diets. Inside this valuable resource you will find **21 Recipes** including tasty treats for breakfast, lunch, and dinner. Couple that with our **FREE GIFT** with download of 8 snacks and desserts and you have 29 of the best recipes available to get you through your detox and on the right path to a healthier you. And the best part is the recipes include **easy-to-find ingredients** you can get at most grocery chains or health food stores.

### **The Sugar Detox Solution is the answer to getting you through sugar withdrawal and detoxing your body**

Chapter 1 gets you started on the right foot by addressing the addictive qualities of sugar and why we crave it so. Chapter 2 moves into helping you know the difference between good and bad sugars. Chapter 3 is a step by step plan to detoxing your body including how to get through sugar withdrawal, what to expect as you detox, how long it will take to detox, and how to eliminate cravings. The remaining chapters contain great information on what to eat and what to avoid as well as a host of fabulous recipes I know you will enjoy.

The final chapter will help you on your journey with many useful, proven and effective techniques in helping you succeed long-term.

Buy this book now to begin your journey to a healthier you using the Sugar Detox That Rocks solution and take pleasure in all the benefits it will provide!

Don't forget your **FREE GIFT** with ebook purchase! Just my way of saying "thanks."

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**From reader reviews:**

**Carrie Wakefield:**

This The Sugar Detox Solution: A Proven Strategy for Weight Loss, Improving Your Health and Feeling Great by Defeating Your Sugar Cravings and Addiction (Healthy Life Series Book 2) tend to be reliable for you who want to certainly be a successful person, why. The reason why of this The Sugar Detox Solution: A Proven Strategy for Weight Loss, Improving Your Health and Feeling Great by Defeating Your Sugar Cravings and Addiction (Healthy Life Series Book 2) can be one of the great books you must have is usually giving you more than just simple studying food but feed anyone with information that possibly will shock your earlier knowledge. This book is actually handy, you can bring it everywhere and whenever your conditions in the e-book and printed kinds. Beside that this The Sugar Detox Solution: A Proven Strategy for Weight Loss, Improving Your Health and Feeling Great by Defeating Your Sugar Cravings and Addiction (Healthy Life Series Book 2) giving you an enormous of experience such as rich vocabulary, giving you trial run of critical thinking that we know it useful in your day activity. So , let's have it and enjoy reading.

**Victor Willis:**

The book untitled The Sugar Detox Solution: A Proven Strategy for Weight Loss, Improving Your Health and Feeling Great by Defeating Your Sugar Cravings and Addiction (Healthy Life Series Book 2) contain a lot of information on this. The writer explains your ex idea with easy means. The language is very clear and understandable all the people, so do not really worry, you can easy to read that. The book was written by famous author. The author gives you in the new period of time of literary works. You can read this book because you can please read on your smart phone, or model, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site and order it. Have a nice examine.

**Eric Ballentine:**

As we know that book is significant thing to add our information for everything. By a guide we can know everything we would like. A book is a list of written, printed, illustrated as well as blank sheet. Every year has been exactly added. This e-book The Sugar Detox Solution: A Proven Strategy for Weight Loss, Improving Your Health and Feeling Great by Defeating Your Sugar Cravings and Addiction (Healthy Life Series Book 2) was filled with regards to science. Spend your spare time to add your knowledge about your scientific disciplines competence. Some people has diverse feel when they reading any book. If you know how big good thing about a book, you can truly feel enjoy to read a reserve. In the modern era like right now, many ways to get book you wanted.

**Jennifer Williams:**

A lot of publication has printed but it differs. You can get it by web on social media. You can choose the best

book for you, science, witty, novel, or whatever by simply searching from it. It is named of book The Sugar Detox Solution: A Proven Strategy for Weight Loss, Improving Your Health and Feeling Great by Defeating Your Sugar Cravings and Addiction (Healthy Life Series Book 2). You can contribute your knowledge by it. Without making the printed book, it can add your knowledge and make an individual happier to read. It is most important that, you must aware about publication. It can bring you from one location to other place.

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