



The Sugar Detox Plan: The Essential 3-Step Plan to Breaking Your Sugar Habit (Hardback)

By Anna Cavellus, Dr. Kurt Mosetter, Thorsten Probst

Modern Books, United Kingdom, 2016. Hardback. Book Condition: New. 240 x 171 mm. Language: English . Brand New Book. Excessive consumption of sugar can lead to a range of diseases, such as type-2 diabetes, cancer, depression and even neurodegenerative conditions such as Alzheimer s and multiple sclerosis. Through a motivational 3-step programme The Sugar Detox Plan helps you identify hidden sugars and reduce consumption. * Step 1 - get informed about the dangers of sugar and monitor your current sugar intake.* Step 2 - how to break the addiction and reduce intake including information about alternative sugars with over 35 sugar-free recipes to get you started.* Step 3 - how to stay on track and maintain consistent sugar levels with the inclusion of a regular exercise programme.



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Reviews

This pdf is fantastic. It is really basic but excitement from the fifty percent in the book. Your lifestyle span will be change as soon as you full reading this publication.

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This book is really gripping and interesting. Of course, it is actually perform, still an interesting and amazing literature. You will not truly feel monotony at whenever you want of your time (that's what catalogues are for concerning when you request me).

-- **Claud Schaden**