



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.



READ ONLINE
[3.3 MB]

Reviews

Very useful to all of category of people. I actually have read through and that i am sure that i will likely to go through once more again in the foreseeable future. I realized this book from my i and dad advised this publication to find out.
-- **Alta Kirlin**

This is the very best publication i have got read until now. It is definitely simplified but shocks within the fifty percent of the pdf. You may like how the article writer create this pdf.
-- **Rosario Durgan**