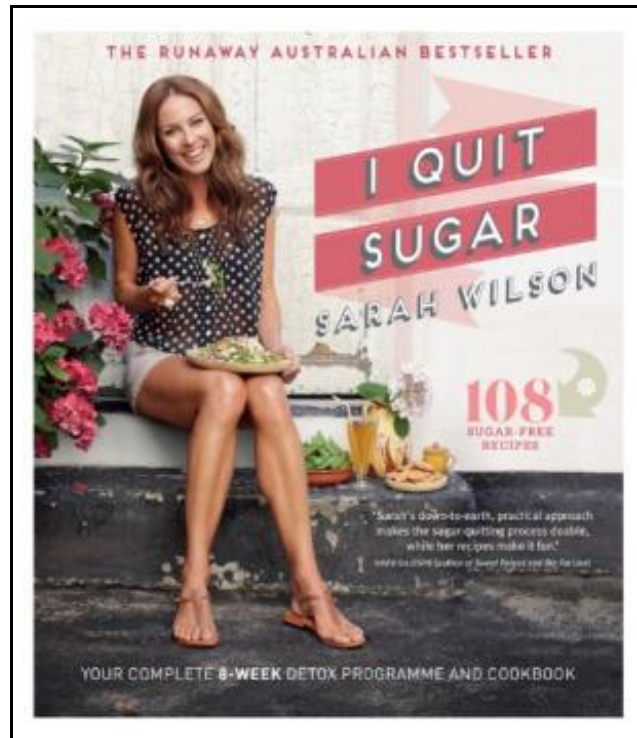


I Quit Sugar: Your Complete 8-Week Detox Program and Cookbook (Main Market Ed.)



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Reviews



*Most of these publication is the greatest publication offered. It is actually rally intriguing throgh reading period of time. You can expect to like just how the article writer create this publication.
(Eddie Schuppe)*

I QUIT SUGAR: YOUR COMPLETE 8-WEEK DETOX PROGRAM AND COOKBOOK (MAIN MARKET ED.)



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Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, I Quit Sugar: Your Complete 8-Week Detox Program and Cookbook (Main Market Ed.), Sarah Wilson, 'I lost weight and my skin changed, it cleared. But when I quit the white stuff, I also started to heal. I found wellness and the kind of energy and sparkle I had as a kid. I don't believe in diets or in making eating miserable. This plan and the recipes are designed for lasting wellness.' Sarah Wilson was a self-confessed sugar addict, eating the equivalent of twenty-five teaspoons of sugar every day, before making the link between her sugar consumption and a lifetime of mood disorders, fluctuating weight issues, sleep problems and thyroid disease. She knew she had to make a change. What started as an experiment soon became a way of life, then a campaign to alert others to the health dangers of sugar. I Quit Sugar uses Sarah's personal experience to help you: * beat the sugar habit with a tested eight week plan * overcome cravings via proven and easy tricks * find healthy sugar substitutes * cook sugar-free: over a hundred desserts, cakes, chocolate, kids' treats, snacks and easy detox meals 'Sarah's down-to-earth, practical approach makes the sugar-quitting process doable, while her recipes make it fun' David Gillespie, author of Sweet Poison.

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