



The Sugar Detox: Lose the Sugar, Lose the Weight--Look and Feel Great

Brooke Alpert MS RD, Patricia Farris MD

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Lick your sugar habit for good

From spoonfuls in our coffee to corn syrup in packaged foods and even natural sources like fruit, sugar is a huge part of our diet, and we're consuming more of it every year. This damaging habit not only makes us sick, overweight, and listless, it also ages us well beyond our years.

Now, in *The Sugar Detox*, acclaimed nutritionist Brooke Alpert and skincare guru Patricia Farris have combined their expertise to offer an easy plan to slim your waistline, restore your energy, and rejuvenate your skin. *The Sugar Detox* will put you on the path to feeling—and looking—your absolute best, with:

- A proven three-day jumpstart plan to break your sugar addiction
- A four-week meal plan incorporating healthy sugars
- Shopping lists and satiating recipes
- Strategies for combating cravings and dining out
- Lists of key health-supporting superfoods
- Tips on surprising places where sugar lurks

"A great resource for anyone trying to cut down on their sugar consumption...offers great insight on the 'surprise' sugar content of many of our favorite foods."—*Portland Book Review*

"Packs in fascinating research on the significant chemical impact of sugar on your skin, along with other systems of your body."—*Organic Spa*

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Patricia Oyler:

This book untitled The Sugar Detox: Lose the Sugar, Lose the Weight--Look and Feel Great to be one of several books that will best seller in this year, here is because when you read this publication you can get a lot of benefit onto it. You will easily to buy this particular book in the book store or you can order it via online. The publisher in this book sells the e-book too. It makes you quicker to read this book, since you can read this book in your Mobile phone. So there is no reason for you to past this guide from your list.

Noel Klein:

Reading a book tends to be new life style on this era globalization. With looking at you can get a lot of information that can give you benefit in your life. Using book everyone in this world can easily share their idea. Publications can also inspire a lot of people. Lots of author can inspire their own reader with their story as well as their experience. Not only the storyline that share in the publications. But also they write about the information about something that you need illustration. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that exist now. The authors in this world always try to improve their expertise in writing, they also doing some analysis before they write on their book. One of them is this The Sugar Detox: Lose the Sugar, Lose the Weight--Look and Feel Great.

Betty Serrano:

The reason? Because this The Sugar Detox: Lose the Sugar, Lose the Weight--Look and Feel Great is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will distress you with the secret it inside. Reading this book adjacent to it was fantastic author who else write the book in such remarkable way makes the content inside of easier to understand, entertaining way but still convey the meaning totally. So , it is good for you because of not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of benefits than the other book possess such as help improving your talent and your critical thinking means. So , still want to hesitate having that book? If I were you I will go to the book store hurriedly.

Tia Rosario:

Can you one of the book lovers? If yes, do you ever feeling doubt while you are in the book store? Try to pick one book that you never know the inside because don't determine book by its include may doesn't work is difficult job because you are scared that the inside maybe not as fantastic as in the outside search likes. Maybe you answer may be The Sugar Detox: Lose the Sugar, Lose the Weight--Look and Feel Great why because the excellent cover that make you consider concerning the content will not disappoint you actually. The inside or content will be fantastic as the outside or perhaps cover. Your reading sixth sense will directly make suggestions to pick up this book.

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