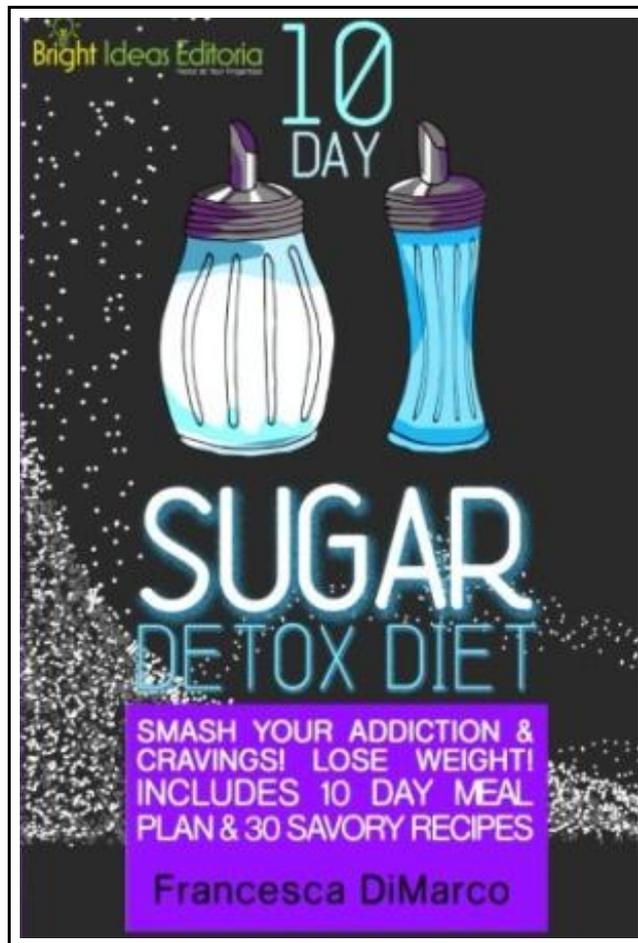


10 Day Sugar Detox Diet: Smash Your Addiction and Cravings! Lose Weight! Includes 10 Day Meal Plan and 30 Savory Recipes.



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Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Is sugar physically and emotionally addictive? Do hormones trick our bodies into thinking we are starving when we are actually overweight? Does the omnipresence of sugar and high fructose corn syrup contribute to obesity and disease? What about zero calorie substitutes? The 10-Day Sugar Detox is a blueprint to reset your fat storage hormones and work with them instead of against them for effective weight loss. It answers the following questions: Are we genuinely addicted to sugar? This book takes a magnifying glass to the research and probes the idea of sugar addiction and its ramifications. It separates the myths from the evidence surrounding sugar addiction, and sheds light on how sugar might affect our behavior. How do hormones trick our bodies into thinking we need to eat even when we are full? Understanding the way sugar affects the hormones that regulate fat storage and release in the body is the key to explaining why so many diets fail. The 10-Day Sugar Detox explores how our bodies track our fat storage and know when to conserve energy, and when it is ok to burn fat. It shows how do these signals get misread or overlooked entirely at times by our brains. It reports what is known about insulin and leptin resistance and discusses how both are related to sugar. Are naturally occurring sugars like honey and agave nectar healthier than table sugar and high fructose corn syrup? The 10-Day Sugar Detox examines the different types of sugar and how they are processed by the body. It probes the assumption that high fructose corn syrup is the root of problem. It shows you the studies and helps interpret the...



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