

The book was found

# **Sugar Detox: Beat Sugar Cravings Naturally In 14 Days! Lose Up To 15 Pounds In 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... Diet, Sugar Free Diet, Low Sugar Diet,)**

## **The 14 Day SUGAR DETOX Diet**

A Step-By-Step  
Meal Plan And  
Recipes To  
Kick Sugar Cravings,  
Lose Weight,  
And Feel Amazing!



SARA GIVENS



## Synopsis

End Sugar Cravings, Lose the Weight and Control of Hunger Pangs! This Book Will Release You From Your Sugar Addiction with the 14 Day Sugar Detox Diet! BONUS - 21 Day Sugar Detox Cook Book, Recipes and Meal Plan!! Get Your Copy Today!!Today only, get this amazingly simplistic and very popular Sugar Detox Book for just \$3.33 cents Regularly priced at \$6.99. Read on your PC, Mac, smart phone, tablet or Kindle device.The bitter truth about sugar: It's addictive, it's harmful and it's absolutely abundant!More and more evidence suggests sugar is the primary culprit when come to not just obesity, but alsochronic disease and illness.There's really no doubt any longer that excess sugar is toxic to your body.It's only a matter of time before the medical community fesses up will that sugar is the smokinggun behind most cancers and other diseases.Excess sugar can also wreak havoc on your skin, energy levels and the scale. Does the following sound familiar?Doctor says youÃ¢â€žâ€œve got health issues due to aging and prescribes medicationYou're depressed and you're prescribed antidepressantsFor years you've been eating nonfat and low fat foodsFat-free is your mantraYou're told grains are healthyWeight increase no matter how little you eatYou tire easily and always feel exhaustedBody aches, especially in your jointsFeelings of being powerless, especially where your body is concernedAlmost given up losing weightLow confidence because of the way you look and feelYou have problems focusing and concentratingYou blame your age, thyroid, menopause, and genesIf you think cutting out a few desserts is the answer, you are just setting yourself up for failure. Giving up late night snacks or passing on the birthday cake will barely make a dent if you're still eating a "standard American diet".HOW DO I KNOW IF THIS BOOK IS RIGHT FOR ME?Do you crave sugar all day, every dayÃ¢â€žâ€œ or even a few times a week?IÃ¢â€žâ€œm talking about candy, sweets, chocolate.Do you crave carbohydrates? These include bread, cereal (yes, even oatmeal!)pasta, rice, pastries, sandwiches, wraps, and breakfast bars.Do you feel the need to include something sweet with every meal or snack?Do you experience spikes and dips in your energy levels throughout the day?Do you often feel tired upon waking in the morning?Do you drink alcoholic beverages daily or multiple times per week?Are you trying to burn body fat?Are you following a low-fat, whole-grain-rich diet that just isnÃ¢â€žâ€œt working?Does the way you eat leave you feeling unsatisfied, hungry, and grazing on snacks every 2 to 3 hours?Do you follow a clean-eating type of lifestyle like Paleo, low-carb, vegetarian, and whole foods, but still experience carb or sugar cravings?If youÃ¢â€žâ€œve answered yes to at least one of these questions, then youÃ¢â€žâ€œre the perfect candidate for The 14-Day Sugar Detox.In this book, youÃ¢â€žâ€œll learn how sugar negatively affects your mind and body, and why artificialsweeteners are even worse for you. YouÃ¢â€žâ€œll learn the many names of hidden sugars, and how to find

and avoid them. Most importantly, you'll learn how to break free from excessive sugar consumption, how to detox, and then how to reset your sweetness sensors back to natural and normal levels without step by step 14 day sugar detox meal plan. Download your copy today! Hurry! Take action today and download this AMAZING 14- Day Detox book for a limited time discount of only \$3.33. Regularly priced at \$6.99.

## **Book Information**

File Size: 872 KB

Print Length: 88 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 14, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00ZO8O7MA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #347,519 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #46 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Skin Ailments #54 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome #102 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Skin Ailments

## **Customer Reviews**

This was exactly what I wanted...short, direct and to the point. I was not in the market for a big thick book with hundreds of recipes I wouldn't try nor having to skim over reading success stories of others....I should point out that, yes, this book does have recipes but concise.

Read the book...still eating sugar.

Great menu options.

I love sweets and I always want to include something sweet in my every meals and snacks. I know that eating too much sweet can be harmful to my health and I want to break free from excessive sugar consumption but I don't know how to start it. This book gives me step-by-step procedures on how I can make 21 days sugar detox meal plan and it contains here the different recipes on how I can kick my sugar cravings. Exceptional work!

This is the worst download of a book I've ever had. All the pages are jumbled and I can't even follow what the book is about. Terrible waste of money!!!!

I am on day 17 of the sugar detox. this book was very informative and help a lot when i was shopping or getting an idea of my weekly meals.

Great ideas and meal suggestions.

Overweight has become a great problem day by day due to unconsciousness. And most of us think that sugar is mostly responsible for this problem. Actually i think so. But after reading the book my thought has changed. The main thing is the quantity of sugar we take not the sugar actually. The writer has told the whole thing briefly in this book. She has given a lots of information & strategy through which we can minimize the amount of sugar in our every meal. Sara Givens has given a step by step meal plan of how to prepare those meal regarded on this. I think this is a great helpful book. Thanks to the author!

[Download to continue reading...](#)

Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days!  
Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Diet: Introduction To Low Carb

Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Meal Prep: The Beginner's Guide to Meal Prepping and Clean Eating, Easy to Cook Recipes for a Perfect Body (Weight Loss, Meal Planning, Low Carb Diet, Plan Ahead Meals, Meal Plan, Batch Cooking) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Meal Prep: 65+ Meal Prep Recipes Cookbook → Step By Step Meal Prepping Guide For Rapid Weight Loss (Free Bonus Included) (Meal Prep, Ketogenic Diet, Low Carb, Ketosis) Meal Prep: Best Clean Eating Recipe Cookbook to Lose Weight and Feel Great (Meal Prep Cookbook, Meal Prep Recipe Book, Meal Planning, Meal Plan 1) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Low Carb: 21-Day Weight Loss Challenge - How to Lose 15 Pounds with Low Carb Diet (FREE BONUS included!) (Low Carb Diet, Low Carb Cookbook, Clean Eating) Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) MEAL PREP: Guidebook and 100 Recipe Cookbook for Weight Loss (Healthy Eating, Meal Prep Cookbook, Meal Planning, Low Carb Diet, Freezable Recipes, Meal Plan, Batch Cooking) Paleo: Ultimate New Paleo Detox: Over 100 Recipes (Bonus 21 Day Post Detox Meal Plan): Ketogenic Diet, Intermittent Fasting, Lose Belly Fat. Vegan Diet, ... Clean Eating, (Perfect Paleo Solutions) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet, diabetes, reverse type 2, atkins) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin)

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help