



## Sugar Free: How to Stop Using Sugar and Lose Weight Fast: Sugar, Sugar Book, Sugar Detox, Sugar Free, Sugar Detox Guide

By Elle Gemba

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Sugar Free: How to Stop Using Sugar and Lose Weight FAST Sugar addiction is a state when you are addicted to consuming sugar and you cannot go without it. Most of the foods that we consume everyday contain sugar. Foods high in sugar bring a sense of satisfaction when consumed but they can surge your blood glucose levels and also lead you to obesity. This eBook will guide you on how to walk away from sugar and lose weight and lead a healthy and happy life. It will help you with the sugar de-addiction and tips to lose weight fast.



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