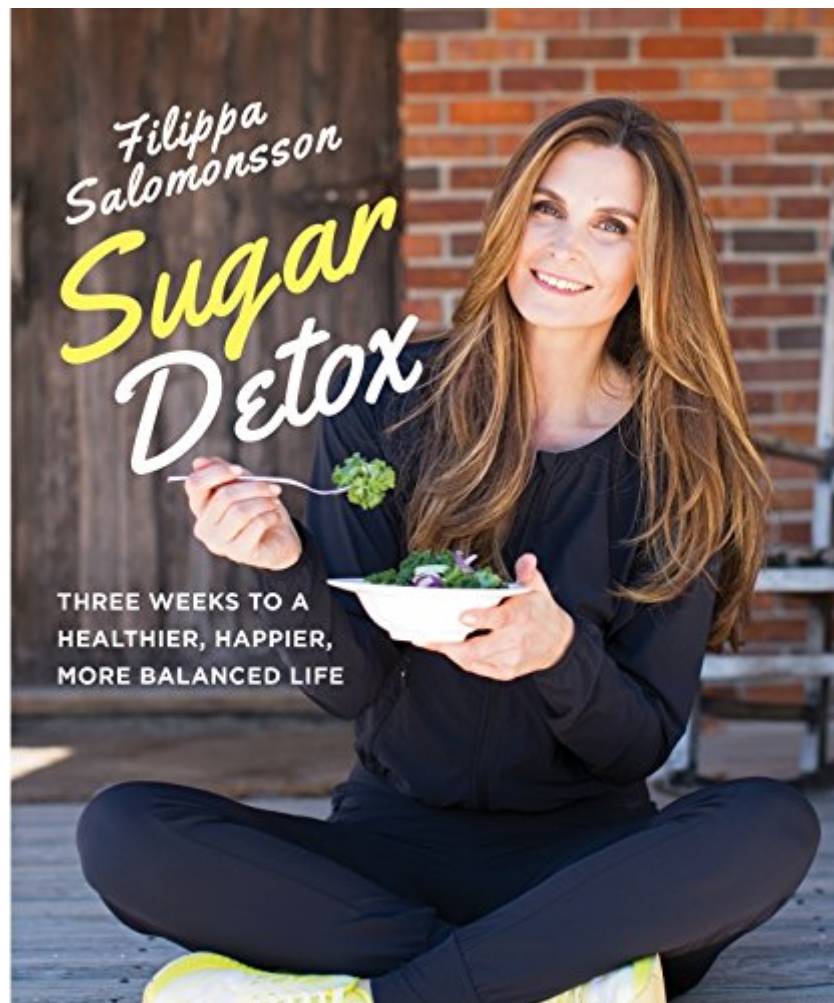




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Sugar Detox: Three Weeks To A Healthier, Happier, More Balanced Life



Synopsis

In Sugar Detox, you'll learn how your body and mind can be transformed by eliminating one toxic component from your diet: sugar. Holistic health coach Filippa Salomonsson explains how everyday problems such as low energy levels, mood swings, and even weight gain can be eradicated by removing sugar from your diet. With her three-week program, Salomonsson starts you on a life-long journey that shows you how to cleanse and purify your body of unnecessary toxins and keep sugar out of your life for good. In learning how to create and maintain a nutritionally delicious and sugar-free lifestyle, Sugar Detox teaches you how to achieve a balanced relationship with food where sugar will no longer have any power over your choices. Recipes included in this valuable manual include: Colorful quinoa bowl, Power loaf with avocado, Coco chia pudding, Red hot Thai curry, Beauty green smoothie, And many more!

Book Information

File Size: 6723 KB

Print Length: 144 pages

Publisher: Skyhorse Publishing; Tra edition (January 17, 2017)

Publication Date: January 17, 2017

Language: English

ASIN: B01MSMY76R

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #34,221 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #21

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Diabetic &

Sugar-Free #31 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight

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Changed my life! A totally new approach to healthy living. Great recipes too!

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