



# **Sugar Detox for Beginners: A Quick Start Guide to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Including Sugar Free Recipes**

*Gina Crawford*

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**Sugar Detox for Beginners – Ready for a sugar detox that will end your sugar addiction for life?**

*Are you ready to tame your sugar cravings?*

*Is your body desperately in need of a sugar detox?*

*Are you tired of letting your sugar addiction control you?*

**With Sugar Detox for Beginners you're going to discover the best, most effective way to detox your body from the harmful effects of sugar.**

Sugar Detox for Beginners – A Quick Start Guide to Bust Sugar Cravings, Increase Energy and Lose Weight with the Sugar Detox Diet is a no-fluff, to-the-point mini-guide that is filled with all the necessary information you need to detox your body from sugar and make sugar cravings and sugar addiction a thing of the past!

In a concise, step-by-step way, Sugar Detox for Beginners walks you through how the sugar detox diet works and how to start eating healthy for life.

**Sugar Detox for Beginners teaches you:**

- How to choose foods that will effectively detox your body from sugar
- How the sugar detox will help you lose weight
- The benefits of a sugar detox diet
- The effects of bad sugars on the body
- How to sleep better, have clearer skin, better focus and better teeth
- How to prevent diabetes and other diseases caused by sugar
- How to drastically increase your energy
- How to overcome sugar addiction

As an added BONUS, Sugar Detox for Beginners includes 7-day sample meal plan and sugar free breakfast, lunch, dinner, salad, side dish, dessert and snack RECIPES that will allow you to dive right into a sugar detox that will detox your body and eradicate pesky sugar cravings.

**How Sugar Detox for Beginners can save your life**

Statistics say that the average American consumes 156 pounds of added sugar each year. Yet, sugar can be

extremely damaging to the body because it can cause all kinds of life-threatening diseases.

Nutrition experts say that refined sugar is as harmful as a drug. It is simply a pure chemical derived from plant sources that is purer than cocaine.

Studies show that sugar actually causes the brain to react in a similar way that it does to opiates like heroin or morphine. It creates a euphoric feeling that makes you consume more sugar to create the same 'high' you had before.

Sugar Detox for Beginners is unique in that it doesn't waste your time with useless information. It shows you exactly how to detox your body from sugar, lose weight and beat your sugar addiction fast.

### **Here's a Preview of What You'll Learn...**

- Why sugar makes you fat
- The difference between good and bad sugars
- How the sugar detox diet works
- Good foods to eat on the sugar detox diet
- Foods to avoid on the sugar detox diet
- How to beat sugar addiction
- How to do a 21 day sugar detox, a 7 day sugar detox and a 3 day sugar detox
- The difference between natural and artificial sweeteners
- What to expect during your sugar detox
- Dining out during your detox
- How to reintroduce sugar
- How to maintain a low sugar diet
- Sugar free recipes

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