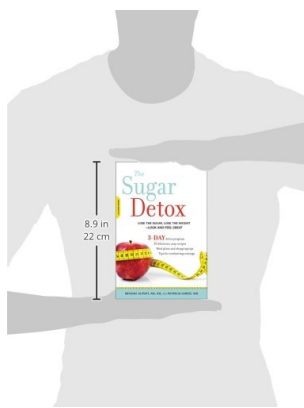


[PDF] The Sugar Detox: Lose The Sugar, Lose The Weight--Look And Feel Great

Brooke Alpert, Patricia Farris - pdf download free book



Books Details:

Title: The Sugar Detox: Lose the Sug
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Description:

Lick your sugar habit for good

From spoonfuls in our coffee to corn syrup in packaged foods and even natural sources like fruit, sugar is a huge part of our diet, and we're consuming more of it every year. This damaging habit not

only makes us sick, overweight, and listless, it also ages us well beyond our years.

Now, in *The Sugar Detox*, acclaimed nutritionist Brooke Alpert and skincare guru Patricia Farris have combined their expertise to offer an easy plan to slim your waistline, restore your energy, and rejuvenate your skin. *The Sugar Detox* will put you on the path to feeling—and looking—your absolute best, with:

- A proven three-day jumpstart plan to break your sugar addiction
- A four-week meal plan incorporating healthy sugars
- Shopping lists and satiating recipes
- Strategies for combating cravings and dining out
- Lists of key health-supporting superfoods
- Tips on surprising places where sugar lurks

"A great resource for anyone trying to cut down on their sugar consumption...offers great insight on the 'surprise' sugar content of many of our favorite foods."—*Portland Book Review*

"Packs in fascinating research on the significant chemical impact of sugar on your skin, along with other systems of your body."—*Organic Spa*

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