



Sugar Addiction: A Guide to the Causes & Consequences of Sugar Addiction & How to Cure It (Sugar Detox, Sugar Addiction, & Sugar Free Book 1)

J. A. Sutton

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Don't Let Sugar Addiction Ruin Your Health

Health experts are warning us that our over consumption of sugar is fueling a health crisis and we need to take action. Unlike tobacco and alcohol we can consume sugar without even knowing it which leads us to unwittingly become addicted.

Contrary to what many people believe, a sugar addiction is not restricted to people who consume large quantities of sweets, cakes and other sugar filled treats. Due to the high levels of sugars hidden within the convenience foods which currently fill the supermarket shelves, a sugar addiction is extremely common yet worryingly, it is often undiagnosed.

Even the so called healthy foods such as yogurts, dietary foods, fresh fruit juices and smoothies and those labelled as low fat, often contain more sugar than is good for us, but this is mostly hidden under the guise of different names.

This book is FREE for Kindle Unlimited Users

The aim of this book is to show you an effective and easy way to cut down on your sugar consumption and to improve your overall health at the same time. It sets out the risks to our health and what we can do to overcome our dependency.

So what are you waiting for, download this guide and you too can start to feel the health benefits of a diet containing less sugar than before!

Here's A Preview Of What You'll Learn...

- What is Sugar Addiction
- Effects of Sugar on Your Health
- How to Change Your Habits

- What Foods to Avoid
- Emotional Effects of Sugar Addiction
- Low Sugar Recipes
- And Much More!

Download your copy today to receive all of this information!

Tags: Sugar Addiction, Sugar Detox, Sugar Free, Recipes, Addiction, Overeating, Diets, Low Sugar Recipes, Healthy Diet, Sugar Reduction, Low Sugar Diet, Sugar, Obesity, Healthy Eating Tips, Hidden Sugar, Overcome Addiction, Weight Loss, Healthy Eating

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Robert Heck:

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Carol Stripling:

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