



Rescue Me from Sugar Cravings: Simple Ways to Stop Sugar Cravings without Losing Your Sanity

Max Fischwell

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Are you dying to learn how to reduce your sugar cravings? Does it seem that almost everywhere you look however, you see some sort of sugar as a main ingredient on the nutrition label? Do you just feel lost or overwhelmed when attempting a sugar smart diet or sugar detox and feel that it is simply a hopeless cause? There is no doubt you would not be alone. And like countless people before you, you may have thrown in the towel before you even attempted to tackle what seems like a next to impossible feat. Of course you go on with your life disheartened, left wondering how is it some people are able to maintain their discipline and succeed at their 21 day sugar detox. What is even more frustrating is that many people just seem to reduce or even eliminate their sugar addiction so effortlessly. And as a result they seem to have more energy, a sexier physique and overall just seem more happy. Meanwhile you can't help but get a bit depressed or even embarrassed when you look in the mirror and notice all the flab that is covering your abs. Does this sound like you? If so and you always wanted to learn how to significantly reduce your sugar cravings and master your sugar addiction once and for all then this book is your solution. Imagine a book that can simplify your sugar smart diet so that you are not overwhelmed by it. Imaging being able to gain the confidence to change your life by curbing your sugar intake and even, if you feel necessary, complete a 7, 14, or 21 day sugar detox. Imagine how good it will feel to know that you are on the track to healthier you. Imagine being able to eventually shed those unwanted pounds and being able to have more energy like you did in your younger days. Now I certainly am not going to make any claims or promises that you will lose "x" amount of pounds in "x" amount of days, or that you you are going to experience any dramatic health changes overnight or even within a week. Rather this book is more a less like a guideline. It is to help educate you about sugar and what to look out for. This book is for the individual that wants to curb sugar intake at a gradual pace as well as the person who wants to successfully complete a sugar detox. Essentially this book is to help you decide for yourself what is the best approach to a successful sugar smart diet. Here is just a few things you will learn: - Know how to spot added sugars and learn the code names to help you make better healthy food choices - Learn what fruits and other foods are okay to eat and which ones to avoid by learning about the GI & GL index. - How to decide that a sugar detox is the right strategy for you so you don't get in over your head - Learn quick and simple ways to reduce sugar intake or sugar cravings -Also learn what are the potential side effects of a sugar detox so you are prepared to deal with them ahead of time. This is just some of what you will learn from this sugar smart diet book. So go ahead and purchase this book now and begin your journey on a sugar smart diet now.

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and explanation that maybe you never get just before. The Rescue Me from Sugar Cravings: Simple Ways to Stop Sugar Cravings without Losing Your Sanity giving you another experience more than blown away your mind but also giving you useful information for your better life in this particular era. So now let us explain to you the relaxing pattern at this point is your body and mind are going to be pleased when you are finished reading through it, like winning a game. Do you want to try this extraordinary spending spare time activity?

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