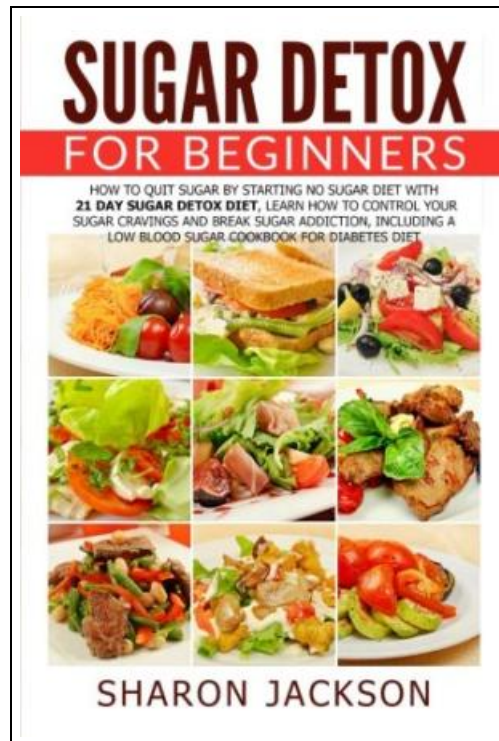


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Have you ever studied the relationship between the foods you eat and the way that you feel? Consider the way that you feel after eating a lean chicken salad for lunch vs. a fatty, carb-laden cheeseburger. If you are like most people, the cheeseburger may leave you feeling bloated and tired a few hours later. If you eat the salad, the chicken is packed full of lean protein to keep you full and nutrient-rich veggies to keep your body and mind working until your next meal. One thing you may be thinking right now is that if eating healthy makes you feel better, why is dieting so hard? The truth is that the sugars, starches, and chemical additives in the foods found in the diets of average Americans are incredibly addictive. In fact, clinical studies evaluating the effects of sugar on the body have shown that sugar is 8 times more addictive than cocaine. The reason why many people fail in the earlier days of diets is because they are cutting out sugars and starches (which are also loaded with sugars, even wheat products). Their body goes through withdrawal, much like it would from a drug. This results sugar cravings that make it incredibly hard to stick to a diet. The 21-Day Sugar Detox Diet is designed to help you quickly and effectively cut sugar from your diet. As you cleanse the starches and sugars from your system, your body will not crave them anymore. You will also experience newfound health, energy, and happiness from the wholesome, nutrient-rich foods on your diet. With this book you will know: How to complete the 21-Day Sugar Detox Diet Which foods you should cut...

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