



# The Sugar Detox: Complete 14-Day Detox Program and Cookbook

*Corey Walker*

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## **The Sugar Detox**

Did you know that sugar is as addictive to the body as cocaine? Did you know that sugar literally attacks your body, depressing your immune system, causing heart disease, and causing fat storage? Eating processed sugar is the equivalent of inviting terrorists into your borders.

## **Eliminate Sugar and Change Your Body!**

Eliminating sugar from your diet results in many benefits, such as increased energy, clearer skin, and stabilized mood.

## **reasons to buy this book**

There are three fundamental reasons that anyone interested in a sugar detox should buy this book.

### **1. Simple, day-by-day guide.**

The book was written to be simple, direct, and to the point. It has a basic plan to follow each day to minimize confusion.

### **2. Simple, Easy Recipes**

The recipes are designed to be not only delicious, but also quick and easy to make. Time is a premium in our current, fast-paced society, and the recipes have been developed to adapt to those needs.

### **3. The Science of Sugar**

This book breaks down how sugar destroys your body, and how to take back control of your own biochemistry. After gaining this information, you will never look at sugary foods the same way again.

## **Would You Like To Know More?**

Download the book and start your sugar detox?

tags: sugar detox, sugar, sugar detox for beginners, sugar detox diet, sugar addiction, sugar detox, 21 day sugar detox, sugar detox made simple, sugar detox recipes, sugar detox free, sugar detox cookbook, sugar detox challenge, sugar detox, low sugar diet, diabetic diet, sugar detox, sugar addiction, sugar detox diet, sugar cravings, sugar busters, sugar detox diet, sugar help, diabetes diet, how to detox from sugar, sugar detox, how to beat sugar addiction, sugar free, sugar detox cookbook, sugar free recipes, sugar detox, sugar free diet, healthy eating, weight loss, sugar detox, lose weight, clear skin, sugar cleanse, detox your body, addicted to sugar, sugar addiction, sugar



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