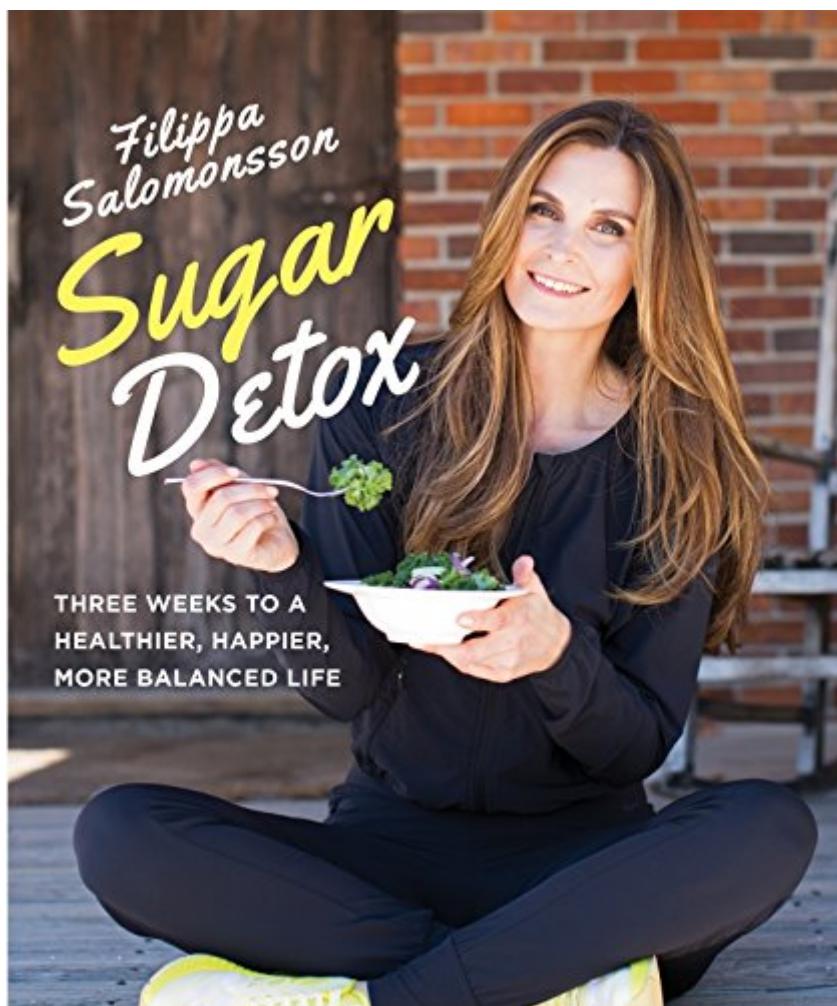


The book was found

Sugar Detox: Three Weeks To A Healthier, Happier, More Balanced Life



Synopsis

In Sugar Detox, you'll learn how your body and mind can be transformed by eliminating one toxic component from your diet—sugar. Holistic health coach Filippa Salomonsson explains how everyday problems such as low energy levels, mood swings, and even weight gain can be eradicated by removing sugar from your diet. With her three-week program, Salomonsson starts you on a life-long journey that shows you how to cleanse and purify your body of unnecessary toxins and keep sugar out of your life for good. In learning how to create and maintain a nutritionally delicious and sugar-free lifestyle, Sugar Detox teaches you how to achieve a balanced relationship with food where sugar will no longer have any power over your choices. Recipes included in this valuable manual include: Colorful quinoa bowl! Power loaf with avocado! Coco chia pudding! Red hot Thai curry! Beauty green smoothie! And many more!

Book Information

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Customer Reviews

Changed my life! A totally new approach to healthy living. Great recipes too!

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