



How to Stop Sugar Cravings: Discover How to Overcome Sugar Addiction and Stop Sugar Cravings

Kevin Bryson

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If you already have a hunch that Sugar is not good for your health, and you want to learn more about its detrimental effects, and what you can do to overcome your addiction, rid yourself of cravings, and eliminate sugar from your diet, then this book is for you! You love sweets, and you think that nothing in this world could dissuade you from eating them. But what about the fact that sugar is also called “sweet poison”? Excessive sugar actually obliterates your organs until nothing is left to perform their physiologic functions. The sad part is that sweets are not the only source of sugar in your diet. Due to individual differences, people have various reasons why they are addicted to sugar. You have to first figure out the reason of your own addiction before you will be able to get rid of it successfully. For the sake of your own health, you need to eliminate your sugar cravings and overcome your addiction. Read on, and I’ll help you discover how.

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