



Is It Time for a Sugar Detox?: How to Cleanse the Body of Excess Sugar Naturally (Paperback)

By lisa Patrick

Power of One, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Is It Time For A Sugar Detox? helps the reader to get a bit of insight into what happens when there is excess sugar in the body. The text then highlights how the negative effects of having too much sugar can be reversed or in the worst case scenarios controlled with the implementation of a sugar detox. As the numbers of persons that have diseases related to the consumption of excess sugar have increased it has become extremely important to curb the problem as quickly as possible and this text is one of the ways that can be used to do this. The main aim of the text is not only to help the reader to do a sugar detox to get rid of the toxins that have been accumulated in the body with the consumption of sugar but also how to stop eating the foods that contain high levels of sugar.



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