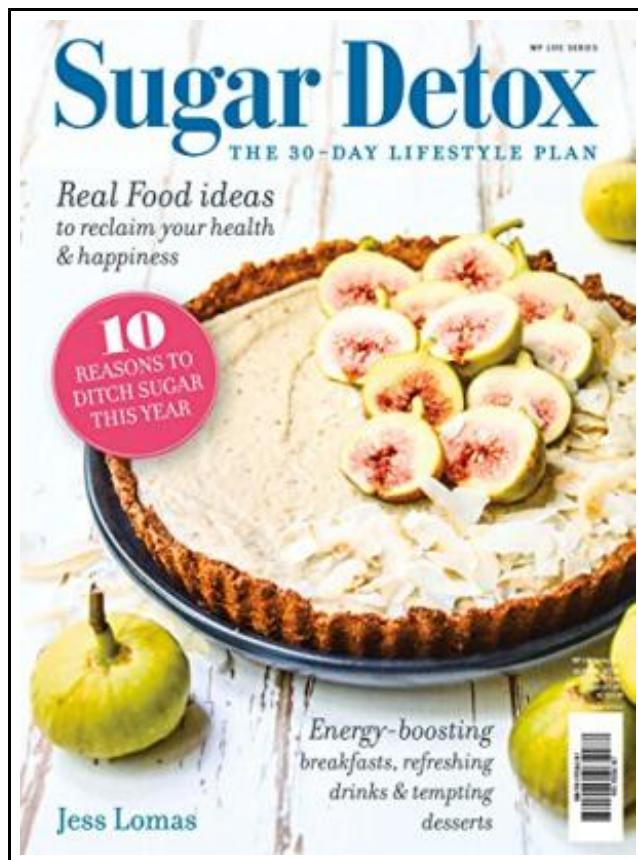


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(Maria Morar)

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Wilkinson Publishing. Paperback. Book Condition: new. BRAND NEW, Sugar Detox: The 30-Day Lifestyle Plan, Jess Lomas, The world is catching on to the dangers of high levels of refined sugar in the diet, causing weight gain, lowered immunity, diabetes and heart disease. Quitting sugar seems to be the diet du jour, providing newspapers, magazines and current affairs programs with plenty of material, both for and against reducing sugar in the diet; and it's a subject we'll only hear more of in years to come. In Sugar Detox, Jess Lomas writes from experience; after reducing her sugar intake in April 2012 she has experienced weight loss and a renewed level of energy and zest for life. She has created a simple plan to help people reduce the amount of excess sugar in their daily diet in only 30 days, and has developed over 60 delicious recipes to compliment the detox plan, including breakfast ideas, snacks and desserts.

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