



The 3-Week Sugar Detox: 25 Tasty Sugar Free Recipes & Meal Plan For Achieving Optimal Health

Amaia Kat

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The 3-Week Sugar Detox

Take control of your sugar intakes, not the other way. Read what buyers of 3-week sugar detox are saying: **“Although I know the right foods to eat and that a lot of foods contain hidden sugars, reading it makes me be more aware and make better choices.”- Jennifer** *“The best part about this book is where it identifies common names of labels that contain sugar like Treacle or Xylose. Definitely an eye opener.”- Glenn Y* **Do you know that the main causes of: Anxiety, stress, obesity, depression, Insomnia, food cravings, diabetes and other health problems are directly related to the high intake of sugar?** If you want to start taking control of your health and live free of sugars that are affecting you. (Not all sugars are bad) 3-week sugar detox is the right step-by-step guide toward achieving your optimal health. Let me be clear why: • You will reset your habits naturally • It will teach you how to recognize good sugar from bad sugar. • You will go from the beginner phase to actually leave all the “bad” sugars • It’s a detailed guide with specific action plans to get real solutions • It has a 21-day cookbook in it. (Easy to buy ingredients and follow plan) • You will take all this lessons and be able to apply them the rest of your life You will be feeling the process of how your body is cleaning of substances creating negative health effects and be closer each day to achieve your optimal health. Take action now and join Mrs. Kat on this sugar-free journey. Click the “Buy now” button and start achieving the 3-week sugar detox.

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