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Oh Sugar!: How to Satisfy Your Sweet Tooth Naturally for a Happy, Healthy Lifestyle

By Katherine Bassford

Summersdale Publishers. Paperback. Book Condition: new. BRAND NEW, Oh Sugar!: How to Satisfy Your Sweet Tooth Naturally for a Happy, Healthy Lifestyle, Katherine Bassford, Are you addicted to the 'white stuff'? And are you aware of the dangers in your diet? Sugar, in everything from blatantly indulgent chocolate to seemingly innocent fruit juices, is not something that manufacturers like to shout about, but the truth is it's everywhere. Sweet treats make us happy while we're eating them, but they also create insatiable cravings, excess fat and long-term medical conditions such as diabetes and obesity. This book will help raise your awareness of the hidden dangers of the processed and natural foods you eat, while offering reliable advice on how to cut down your sugar intake by making better eating choices, whether you want to detox to a sugar-free diet or simply eat fewer treats.



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