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# Freedom From Sugar Cravings: A Step by Step Guide to Beat Sugar Addiction Using the Fast Track Sugar Detox Plan (Sugar Detox Diet)

*Jessica Meyer*

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## Do You Know What Sugar Detox Can Do?

Right now you probably are wondering what the fuss about sugar and sugar detox is all about. If you know a little about sugar, maybe you will know that it is considered as one of the most addictive substances in the world right now, even more addictive than illegal drugs. Overconsumption and giving into your cravings can have dangerous effects to your health and well-being.

If you want a way to gain freedom from sugar cravings this is the book for you. If you want to experience all the benefits of a sugar-free life, this book is for you too. If you want to know how to prepare for the detox program, what food to eat or not to eat, what recipes you can make and what you can expect during the entire program, this book has you covered.

## Inside You Will Learn:

• Sugar Addiction
• Risks of Sugar
• Sugar Detox Health Benefits
• Goal Setting & Health Measurements
• Recommended Food Groups
• Secret Sugar Contents
• Recipes for Breakfast, Mains & Snacks
• Expectations During the Detox
• Social & Environmental Support
• Stories of Success
• Plan for Action & Lifehacks
• Do’s & Don’ts
• Success Tracker

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