



Sugar: Sugar Addiction and Cravings: Shut Your Mouth To Sugar Addiction And Cravings Forever

Jennifer Atkins

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Discover a Proven Method for Ending Your Sugar Dependency! No matter how hard you try, it is just hard to stop eating sugar? Have you ever wished you could just cut this dangerous substance out of your diet? Find out NOW to find out what sugar addiction is, its symptoms, and how sugar affects your brain. This book teaches you to identify the various types of sugar you may be having trouble with. You'll also learn how to deal with the consequences and withdrawal symptoms of sugar addiction, and what treatments are best for this condition. This book also features 15 Easy Steps to Control Sugar Cravings! Here's a sample of the wisdom you can gain from this essential book: "Sugar addiction is one of the most deadly and noxious addictions human beings have ever experienced. Due to its common availability, people do not consider it a very viable threat. Besides, sugar has never seen that level of bad publicity. The fact that sugar is used in everything from a baby's drink to an old man's coffee tends to overshadow its consequences as an addictive substance. It is undoubtedly the most important and widespread addiction on this planet and the situation is getting worse day by day. It affects all ages, but especially teenagers who lead chaotic lives and have uncontrolled eating habits, perhaps as a consequence of those action packed lives." Purchase your copy of Sugar: Shut Your Mouth to Sugar Addiction and Cravings Forever right away, and start fighting back against this deadly substance! You'll be so glad you did!

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