



# **The Quit Sugar Motivation Plan: Simple steps to stop sugar cravings and stay sugar free forever (Healthy Living Collection Book 1)**

*Cindy White*

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**Get rid of that sugar craving and look and feel better at the same time!**

In today's fast paced society millions of us are unwittingly stuffing ourselves full of sugar without even realizing it. Did you know that a can of Cola has 7 teaspoons of sugar in it. Did you know that a bowl of Fruit Loop cereal has 10.6 teaspoons of sugar in it. Its true and its damaging us.

Sugar does more than make you fat or rot your teeth. The first step in quitting sugar is understanding the horrors it brings to our bodies to muster up the motivation to want to quit sugar forever.

I also talk about the types of sugars in different foods so you can recognize and avoid them. Hidden sugars in food such as soft drinks often catch people out.

Sugar addiction is real and you will see if you are addicted to sugar with my quick and simple assessment inside. Understanding causes of sugar addiction will enable you to start making the change you need to free yourself of sugar forever.

Importantly I offer advice on quitting sugar, making sure you never go back to sugar loaded foods and getting you on the path to clean living.

By understanding all about sugar you will be more educated and more prepared to start your sugar detox and reap the benefits of a sugar free life.

Tags: Sugar addiction, quit sugar, sugar detox, weight loss, no sugar, stop eating sugar, sugar free, sugar free recipes, sugar cravings, recover health, sugar substitutes, bad sugar, stop eating sugar, sugar poison, toxic sugar, reduce sugar, sugar is bad for you, white sugar, sugar free life, sugar foods

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