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Weight Loss by Quitting Sugar and Carb - Learn How to Overcome Sugar Addiction: A Sugar Buster Super Detox Diet (Weight Loss, Addiction and Detox) (Volume 1)

Shawn Chhabra, Milo E Newton

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Weight Loss by Quitting Sugar and Carb - Learn How to Overcome Sugar Addiction: A Sugar Buster Super Detox Diet (Weight Loss, Addiction and Detox) (Volume 1) Shawn Chhabra, Milo E Newton Amazon Best Seller! (ASIN: B00GUXOCNM) Sugar, Carbs Detox and Weight Loss: Most people know that sugar is not a very healthy food, but few understand that it is similar to some of the most potent drugs. Sugar can affect brain function, disrupt healthy metabolic processes, and cause substantial weight gain over only a short period of time. Not only is it unhealthy, but it is almost unavoidable. Food growers and makers have been adding sugar to almost every imaginable food and beverage since the 1970s (including baby formula), and today it is a leading contributor to the obesity epidemic as well as many chronic diseases. In "Overcoming Your Sugar Addiction" you will learn all about sugar in the modern diet. Not only will you discover why sugar appears as widely as it does in the food supply, but you will learn the many reasons that you should cut it from your diet. Readers will learn about: • Sugar addiction and how it is a real problem; • Added sugar and how it is not needed in food or the human metabolism; • How sugar behaves in the body; • How the body can work better without any added sugars; • The best foods to choose in order to lose weight and avoid disease; • Simple carbohydrates, hidden sugars, and artificial sweeteners are all unhealthy and should also be cut from the diet; • Doing a true 21 Day Detox Diet; • What to expect when cutting sugar from your lifestyle; • Conquering the biggest challengers to sugar detox and elimination; and • The various conspiracy theories and widespread efforts to keep sugar on our plates, in our drinks, and flooding our bodies. When finished reading this book you will not only be happy to eliminate sugar from your daily diet, but will also know exactly what steps to take to ensure success. If you are ready to end your addiction to sugar, improve your health, and optimize your body's fat burning capabilities, this is the perfect guide. In Conclusion… Addiction to sugar is real. Whether you use a formal sugar detox as described in this book, or you just gradually eliminate all sources of refined sugar and simple carbs from your diet, you will benefit greatly from the choice and the effort. Sugar is a drug that acts just like all of the world's other drugs. It creates a rush of pleasure chemicals in the brain and it allows us to become tolerant to it. This creates the need for ever more of the drug to get the same response. When you cut this drug from your diet, you experience classic signs of withdrawal that range from emotional outbursts and depression to physical symptoms like headache and digestive upset. Be prepared for this, and be ready to combat the worst of the challenges because you are only doing yourself a lot of good by cutting out sugar from your life. You will want to find others who are experiencing the same issues that you are, and who have decided to stand against the pervasive poisoning of the general public through the "pushing" of sugar. Fortunately, this is something that is becoming more and more common. For the first time in decades, the public is paying attention to the sugar issue. People are talking about controversies associated with sugar and the marketing of sugary foods. They are aware that sugar is being added to everything, and entirely for the profit of the corn and food suppliers. We wish you the best of luck in your journey to freedom from sugar addiction. You will have many interesting experiences along the way, but the one you will enjoy the most is waking for the first time knowing that your body is free of something that may have been clouding your mind, altering your perception, and impacting the quality of your life. Once you are free of sugar and simple carbs, you won't want to go back to eating them. Instead, you will taste flavors as you never have before and discover what it means to be truly healthy.

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