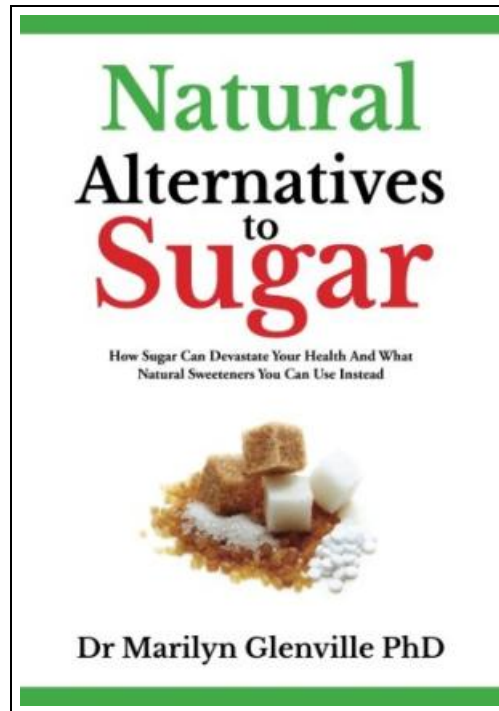


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Lifestyles Press. Paperback. Condition: New. 158 pages. Dimensions: 9.1in. x 6.5in. x 0.6in. Natural Alternatives to Sugar will show you how to quit sugar without any cravings. The vast majority of us are addicted to sugar, there is evidence to show that our bodies react to it much as they do to crack cocaine, so its no wonder we find it so hard to stick to a no sugar diet. And the more sugar we have, the more our bodies crave as they become sensitized. Sadly, food manufacturers, the media and even the health service have helped to ladle more and more sugar into our diet. Given this its no wonder we love sugar but unfortunately our bodies dont. The overload of sugar in our diet is putting our health and even our lives at risk. Even moderate sugar intake on a regular basis can create or exacerbate a huge number of conditions. Quite apart from heart disease, cancer and Alzheimers, sugar is implicated in fungal infections, mood swings, mucous production, low energy and libido, brain fog and memory problems, inflammation and general lowered immunity Its time to ditch the sugar and save our bodies; time to beat sugar cravings and learn how to eat real food, rather than empty, harmful calories by adopting a no sugar diet. Without sugar in your diet, you will feel better, brighter, clearer in mind and body. You will protect yourself from a large number of serious health conditions and many old aches, pains and nigging health concerns may disappear as if by magic. Once your blood sugar levels stabilize, you will have more energy and you will undoubtedly sleep better. You will also notice a huge array of cosmetic effects losing sugar will gain you a slimmer body and a clearer, brighter complexion. Backed...



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