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The Sugar Impact Diet: Drop 7 Hidden Sugars, Lose Up to 10 Pounds in Just 2 Weeks

By J. J. Virgin

Headline Publishing Group. Paperback. Book Condition: new. BRAND NEW, The Sugar Impact Diet: Drop 7 Hidden Sugars, Lose Up to 10 Pounds in Just 2 Weeks, J. J. Virgin, Outsmart Sneaky Sugars to Lose Fat Fast! If you're eating healthily, but just can't seem to lose weight, you're not alone. Sugar is the single biggest needle mover when it comes to your health and the number on the scale, but sugar hides in places you'd never expect: whole foods, diet foods, packaged foods, dressings, even sugar substitutes. And it's not enough simply to cut out or cut back on sugar - you have to cut out the right kinds of sugar. In this ground-breaking book, New York Times bestselling author JJ Virgin explains the powerful concept of Sugar Impact: how different sugars react differently in the body. High Sugar Impact foods cause weight gain, energy crashes and inflammation. Low Sugar Impact foods fuel your body for prolonged energy and promote fat burning. This book will pinpoint the most damaging sugars that we eat every day - without even realising it - in common foods like skimmed milk, diet soda, wholegrain bread, and 'healthy' sweeteners like agave. By swapping high Sugar Impact...



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