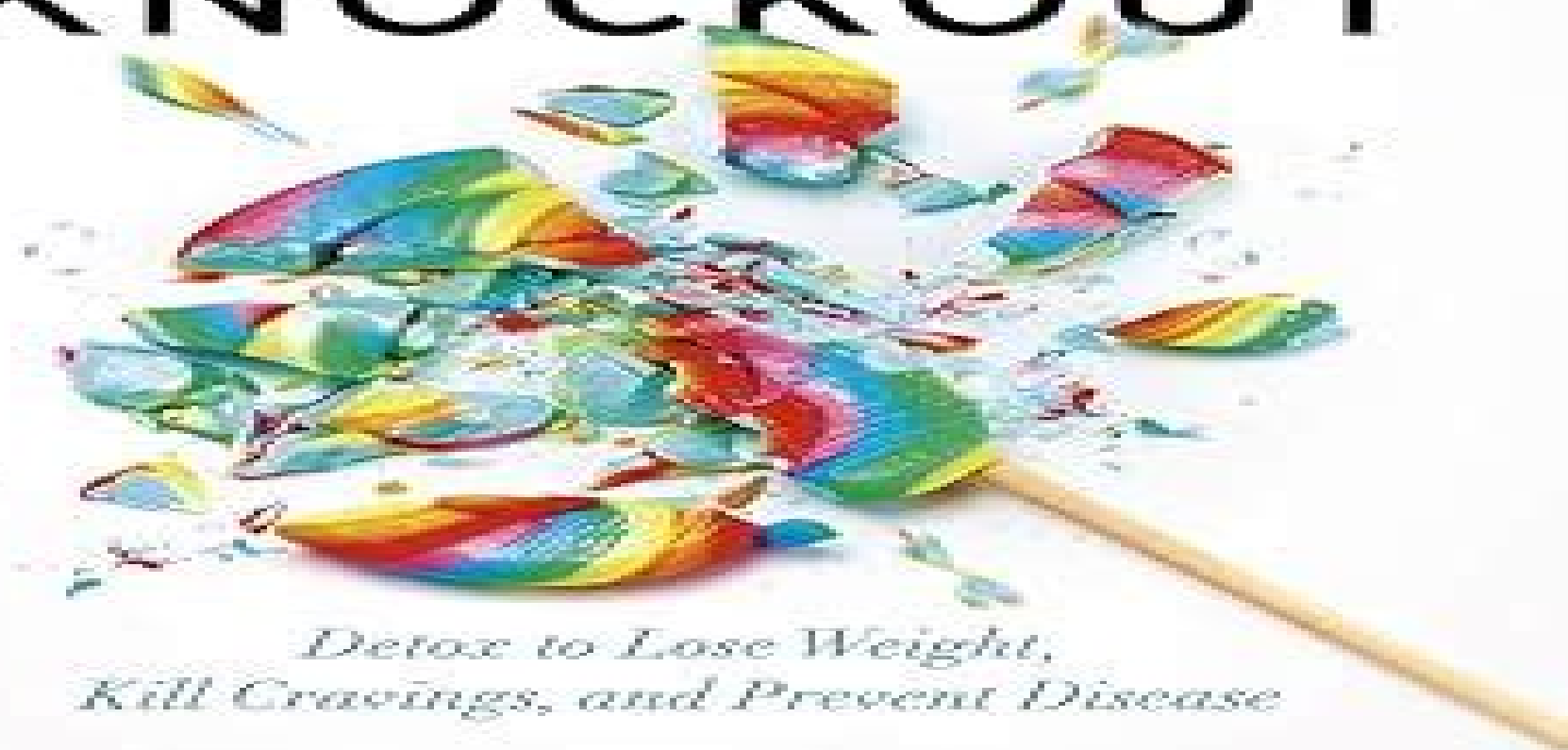


The Juice Lady's

SUGAR KNOCKOUT



*Detox to Lose Weight,
Kill Cravings, and Prevent Disease*

CHERIE CALBOM, MS, CN

Best-selling author of The Juice Lady's Turbo Diet

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Anne Alexander, Julia VanTine



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The Juice Lady's Sugar Knockout Cherie Calbom, 2016-02-02 According to the Centers for Disease Control CDC if current trends continue one in three U S adults will have diabetes by 2050 currently it is one in 10 Yet there is massive confusion on the subject of sugar sweeteners Is honey healthy since it s natural What about sucralose After all it is calorie free Is agave a healthy sweetener Fruit juice is good for me isn t it Is orange juice one of the best things to drink when I m sick Life is too sweet to live unhealthy As a best selling author and global health expert Cherie Calbom shares her unique expertise and knowledge in this thirty day guided transition into a low sugar impact diet You will lose excess weight feel energized and improve your overall health by learning about The problems with artificial sweeteners and why they are not the optimal choice for you and your family The effects of fructose on the liver How to substitute healthy sweeteners in delicious juices smoothies and living food recipes

Sugar Smart Express Anne Alexander, Julia VanTine, 2015-05-05 Sugar is everywhere Once confined to candy desserts and the sugar bowl it has made its way into our peanut butter bread tomato sauce and salad dressing The average American eats nearly 130 pounds of added sugar a year and 75 percent of 86 000 foods analyzed in one study contained added sweeteners This information is now at the forefront of media public policy and water cooler conversation and Americans are wising up to what a sugar laden diet means for their health added pounds that won t budge heightened risk of Alzheimer s diabetes and heart disease moodiness fatigue and cravings that seem to rule their daily lives Based on the New York Times bestseller The Sugar Smart Diet Sugar Smart Express is a revamped plan to give you what you ve been asking for an easy to follow plan that offers great results in less time with even more tools for success New content includes a new 21 day plan to sweet freedom that scales back each phase without sacrificing results shopping lists and a more comprehensive dining out guide to make eating on the plan a breeze healthy delicious recipes the whole family even veggie averse kids will gobble up updated success stories and Sugar Smart Hacks from The Sugar Smart Diet test panel

The Juice Lady's Turbo Diet Cherie Calbom, MS, CN, 2011-10-31 Lose Weight Quickly With Fresh Juice and Delicious Raw Foods Satisfy your bored taste buds Cut your cravings Detox your body Lose 10 pounds in just 10 days Known as The Juice Lady for her expertise on juicing and raw foods Cherie Calbom serves up freshly made juices and raw food recipes to help you lose weight and keep it off for good Learn about the program that has helped many people lose weight with ease Read exciting weight loss stories such as Dave the trucker who lost more than 230 pounds turbo juicing When we give our bodies the nutrients we need with delicious healthy and life giving foods losing weight becomes easier and healthier These juicing tips delicious recipes and simple meal plans will help you make juicing and raw foods an integral part of your weight loss success

The Juice Lady's Weekend Weight-loss Diet Cherie Calbom, 2011 This pocket sized book provides everything readers need to know to embark on a revolutionary two day eating program that detoxifies their system and helps them lose weight quickly

Juicing Cleanse 3 Day Detox Diet Rebecca Hays, 2013-12 Why do a Juicing Cleanse Detox

Diet A juice cleanse is the most natural way of detoxifying the body to undo years of toxic lifestyle damage such as too much fun at birthdays holidays or just plain good living Cleansing the body clears out your system It s a bit like taking your car in for a tune up and then suddenly you have more power More Get Up n GO You may discover you have more energy sugar cravings and food cravings disappear You may even lose a few pounds along the way This detox cleanse is a special combination of fresh juices smoothies and broth with a step by step guide for an easy 3 day adventure Why is this 3 day cleanse the best detox diet This juicing detox cleanse uses all natural ingredients to help your body eliminate toxins stop sugar cravings boost energy and reboot your system to get back on the fast track to health As mentioned on Dr Oz a three day cleanse is the best way to lose weight stop sugar cravings and get a fast energy booster to optimal health book is fabulous weight loss more energy really does work This 3 day diet plan includes delicious juicing recipes plus yummy smoothies and a special broth to help you stay satisfied while you reboot your system If you have never juiced before you will love it This easy read explains the basics of juicing why detoxification is so important and how this cleanse can help you great way to boost your health tastes good too Juicing condenses all the vitamins and minerals antioxidants and phytonutrients from fresh produce into a powerhouse drink No vitamin or supplement can take the place of the living power of natural food helps me get rid of my cravings for chocolate and sugar If you want more energy if you want to feel better if you want to stop food cravings then DO the 3 day cleanse Your body will thank you This book gives you a complete step by step guide with recipes and tips for success to make your 3 day adventure an easy ride Do something good for yourself today In only 3 short days you can be on a new path to a new you **The Sugar Knockout Cookbook** Kerri Pagliarini, 2024-06 A definitive guide to clean eating recipes that harmonize blood sugar and help curb sugar cravings

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