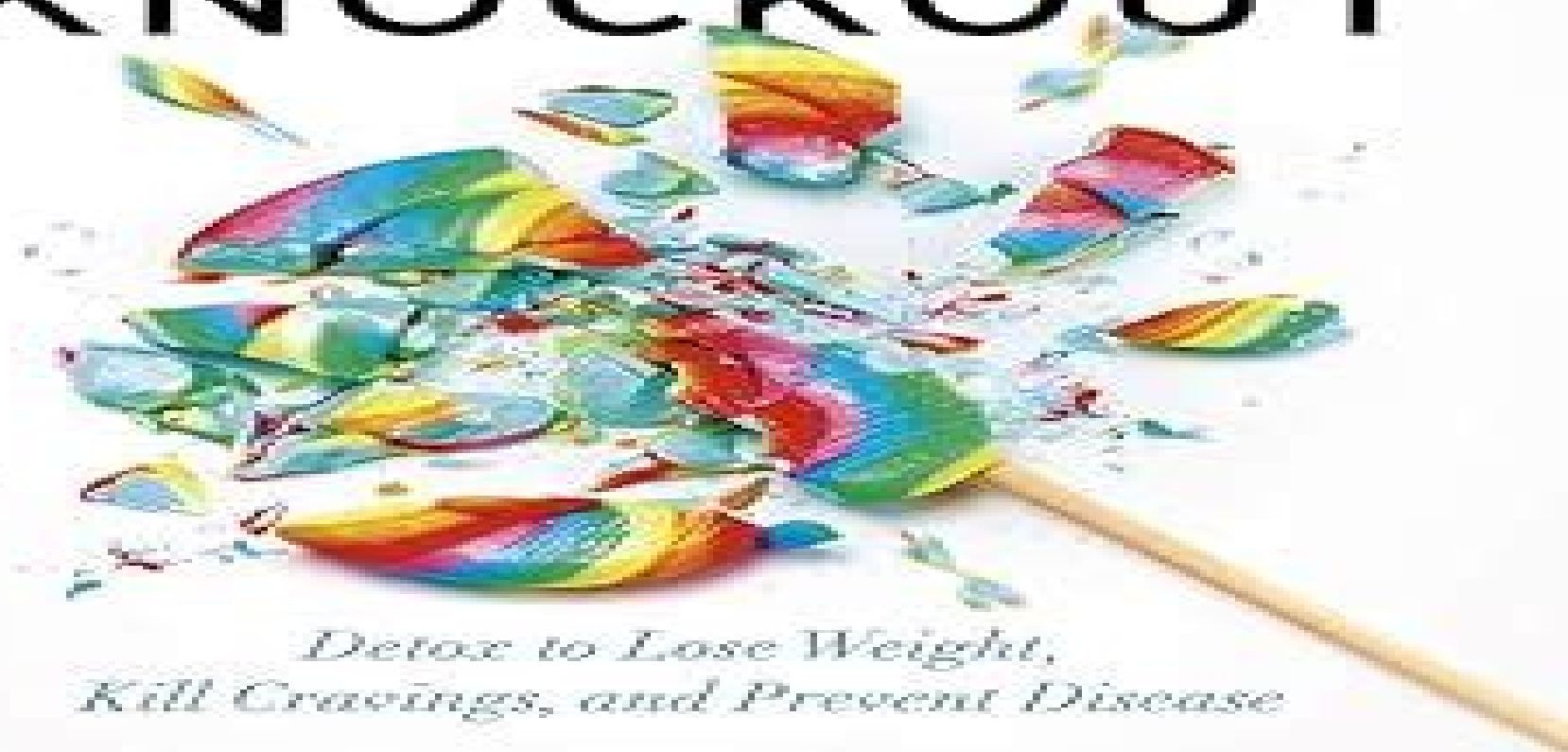


The Juice Lady's

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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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

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