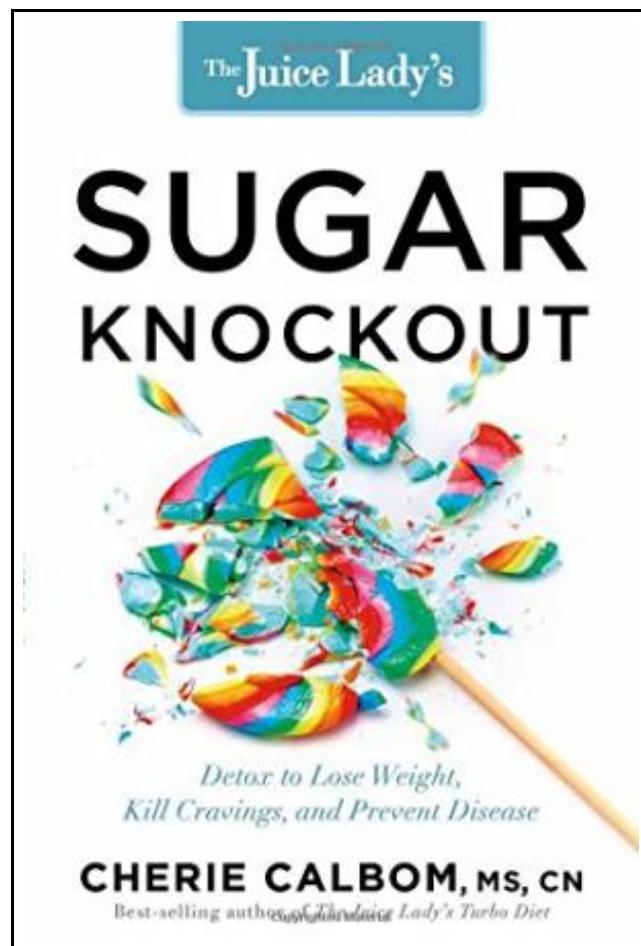


The Juice Lady's Sugar Knockout: Detox to Lose Weight, Kill Cravings, and Prevent Disease



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CREATION HOUSE, United States, 2016. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. 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 familyThe effects of fructose on the liverHow to substitute healthy sweeteners in delicious juices, smoothies, and living food recipes.



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