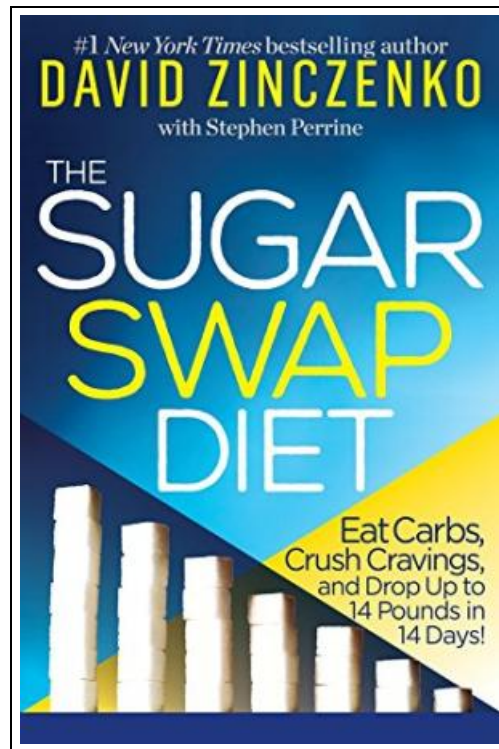


Zero Sugar Diet



Filesize: 7.92 MB

Reviews

It is one of the most popular publications. It is actually written in easy words instead of confusing. You will like how the author created this book.

(Art Gislason)

ZERO SUGAR DIET



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Random House USA Inc, United States, 2016. CD-Audio. Condition: New. Language: English . Brand New. Lose up to a pound a day and curb your craving for sweets with delicious recipes and simple, science-based food swaps from David Zinczenko, Good Morning America's health and wellness editor and bestselling author of Zero Belly Diet, Zero Belly Smoothies, and Eat This, Not That! With Zero Sugar Diet, #1 New York Times bestselling author David Zinczenko continues his twenty-year mission to help Americans live their happiest and healthiest lives, uncovering revolutionary new research that explains why you can't lose weight--and shows that it's not your fault! The true culprit is sugar--specifically added sugars--which food manufacturers sneak into almost everything we eat, from bread to cold cuts to yogurt, peanut butter, pizza, and even health foods. Until now, there's been no way to tell how much added sugar you're eating--or how to avoid it without sacrifice. But with the simple steps in Zero Sugar Diet, you'll be able to eat all your favorite foods and strip away unnecessary sugars--losing weight at a rate of up to one pound per day, while still enjoying the sweeter things in life. By replacing empty calories with essential ones--swapping in whole foods and fiber and swapping out added sugars--you'll conquer your cravings and prevent the blood sugar surge that leads to some of the worst health scourges in America today, including abdominal fat, diabetes, heart disease, cancer, liver disease, fatigue, and tooth decay. And all it takes is 14 days. You'll be stunned by the reported results: Lisa Gardner, 49, lost 10 pounds Tara Anderson, 42, lost 10 pounds David Menkhaus, 62, lost 15 pounds Ricky Casados, 56, lost 12 pounds You, too, can melt away belly fat, boost your...



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