

The Paleo Sugar Addict Bible

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- How your body responds to the effects of sugar toxicity
- The way that sugar cravings develop and how you can tame them
- The link between sugar consumption and a host of very unpleasant health problems
- How sugars are added to everything in your

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The Paleo Sugar Addict Bible: Mercedes Del Rey ... The Paleo response to sugar addiction is a powerful and effective method for taming the cravings that make sugar so hard to resist. Renowned for its revolutionary effects on the body's metabolism and its extraordinary capacity to restore health and wellbeing at every level, the Paleo Method recognizes the body's most natural way to metabolize ...

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- How your body responds to the effects of sugar toxicity
- The way that sugar cravings develop and how you can tame them
- The link between sugar consumption and a host of very unpleasant health problems
- How sugars are added to everything in your everyday processed food
- The important differences between the three types of diabetes
- Whether you're at risk of contracting diabetes and what to do about it
- The importance ...

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** eBook The Paleo Sugar Addict Bible ** Uploaded By Kyotaro Nishimura, the paleo response to sugar addiction is a powerful and effective method for taming the cravings that make sugar so hard to resist renowned for its revolutionary effects on the bodys metabolism and its extraordinary capacity to restore health and wellbeing at

It's sweet. It's white. And it's deadly. We're referring, of course, to sugar and the terrible effects it's wreaking upon hundreds millions of people around the world today. It's an important fact to grasp but one of the

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more disturbing aspects of our modern civilisation is the global addiction to sugar. There's no escaping the evidence: obesity rates are soaring and diabetes rates are reaching record levels. So what can we do to tame this monster that's been let loose on our bodies? The answer might be a lot easier than you suspected. The Paleo response to sugar addiction is a powerful and effective method for taming the cravings that make sugar so hard to resist. Renowned for its revolutionary effects on the body's metabolism and its extraordinary capacity to restore health and wellbeing at every level, the Paleo Method recognises the body's most natural way to metabolise and process food. Taming the sugar addiction is one of the great advantages of following the Paleo Method and the difference to our weight, blood sugar levels and overall health have to be experienced to be believed. Some have claimed that the results are almost miraculous but it's really just a natural expression of great health. And that's exactly what this amazing book bundle aims to achieve. Freeing your body from the toxic effects of processed food, eliminating the sugar cravings and enjoying the most delicious and natural food that your body could possibly want will change your life forever. The Paleo Sugar Addict's Recipe Bundle will show you:

- * How your body responds to the effects of sugar toxicity*
- The way that sugar cravings develop and how you can tame them*
- The link between sugar consumption and a host of very unpleasant health problems*
- How sugars are added to everything in your everyday processed food*
- The important differences between the three types of diabetes*
- Whether you're at risk of contracting diabetes and what to do about it*
- The importance of intelligent exercise*
- The benefits of the Paleo Method for diabetics and pre-diabetics*
- The connection between diet and diabetes*
- How to take control of your condition*
- The best ways to lose your unwanted pounds forever*
- The secrets to revealing a healthier, trimmer, happier new you

Despite the presence of added sugars in most of our processed food and the mistaken belief that some high-sugar fruits are somehow good for us, we have experienced a revolution in recent years in our understanding of how our bodies respond to sugar. Now is the time to deal with this important issue and

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reverse the damage inflicted by a lifetime of sugar toxicity. The benefits can lead to a longer, healthier life and a dramatic reduction in the incidence of serious diseases. This alone would justify the change in lifestyle and eating habits but the added zest, the increases in energy and wellbeing plus the celebration of waking up in a healthier, fitter and slimmer body make the Paleo Method the smartest way to show how much you appreciate the gift of your own amazing body. Download the bundle today and join the growing bands of happy individuals who have experienced the transformation for themselves. You deserve to be free of any addiction and being free of sugar is a major step on the pathway to total health. Set yourself free right now. You deserve it.

Like many others, Sally-Ann Creed spent decades of her life navigating the maze of health, lifestyle and diet misinformation, all while suffering with chronic illness. With the help of her 'health hero' Dr Robbie Simons, Creed now leads a healthy, happy life and is a pioneer of the Low-Carb, Healthy Fat (LCHF) lifestyle. In this beautifully illustrated book, Creed delivers her LCHF manifesto, offering simple, clear and practical guidance that will convince even the most reluctant, world-weary dieters. The Low-Carb, Healthy Fat Bible delivers the perfect lifestyle for hunger-free weight loss. At its heart is an emphasis on delicious, uncomplicated recipes based around real food cooked from scratch, rather than unhealthy processed foods.

Got the Paleo blues? Eating the perfect diet for your genetic blueprint, but mysteriously feeling worse? Think it's because you 're not trying hard enough? Think all these problems are due to the one croissant you had 6 months ago? Think again! There are some serious flaws with the Paleo Diet. Sure, many people lose weight when they switch over to a boring diet of mostly meat and vegetables, and many see health improvements – legitimate ones, as happens when the nutrition content of a diet goes up dramatically. But many get ravaged

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by it in the long term, and there are clear, obvious, and very basic physiological reasons for it. This book goes into great detail about these reasons & includes a discussion of some of the most basic Paleo Diet tenets which are illogical or scientifically wrong. And of course, it includes valuable information on how to overcome and reverse some of the problems you may run into. Read this if you have been seduced by paleo logic, false promises, and scientific fairy tales.

Are you sick and tired of being overweight? Are you fighting a losing battle with your waistline and eating yourself into the grave? Have you had it with feeling drained, discouraged, and run down because of obesity but find yourself enslaved to unhealthy eating habits? Are you convinced that God has a better way, but you simply can't break through? In their first-ever jointly authored book, Michael and Nancy Brown share the inspiring, practical, and humorous story of their own journey from obesity to vibrant health. If you want to break free from the stronghold of food and discover a wonderful new way of life, this book will show you the way.

Sweet Surrender: Christian 12-step recovery from food addiction is an inside look at the physical, emotional and spiritual life of a sick and suffering food addict getting well. Discovering the truth about food addiction brings hope and surrendering to Jesus brings healing. Sweet Surrender offers a solution--a tried-and-true way of eating, a tried-and-true way of living. Walk beside Pam as she finds acceptance, love and freedom in her sweet surrender. "Whom the son has set free is free indeed!" John 8:36

NEW YORK TIMES BESTSELLER • A week-by-week guide to quitting sugar to lose weight, boost energy, and improve your mood and overall health, with 108 sugarfree recipes. “ Life without sugar is much sweeter

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than I ever imagined it would be.” —Shauna Ahern, *Gluten-Free Girl* Sarah Wilson thought of herself as a relatively healthy eater. She didn't realize how much sugar was hidden in her diet, or how much it was affecting her well-being. When she learned that her sugar consumption could be the source of a lifetime of mood swings, fluctuating weight, sleep problems, and thyroid disease, she knew she had to make a change. What started as an experiment to eliminate sugar—both the obvious and the hidden kinds—soon became a way of life, and now Sarah shows you how you can quit sugar too:

- Follow a flexible and very doable 8-week plan.
- Overcome cravings.
- Make food you're excited to eat with these 108 recipes for detox meals, savory snacks, and sweet treats from Sarah Wilson and contributors including Gwyneth Paltrow, Curtis Stone, Dr. Robert Lustig (*The Fat Chance Cookbook*), Sarma Melngailis (*Raw Food/Real World*), Joe “the Juicer” Cross, and Angela Liddon (*Oh She Glows*). *I Quit Sugar* makes it easy to kick the habit for good, lose weight, and feel better than ever before. When you are nourished with delicious meals and treats, you won't miss the sugar for an instant.

What would you be willing to give up to experience the presence of God in your life again? Many of us sign up for a physical detox program, thinking that if our bodies are healthier, then we're healthier. But a healthy body doesn't do us a lot of good if we are spiritually malnourished. Welcome to the 40-Day Sugar Fast, a fast that begins with us giving Jesus our sugar and ends with Jesus giving us more of himself--the only thing that can ever truly satisfy our soul's deep hunger. On this 40-day journey you'll learn how to stop fixating on food and other things you use to fill the voids in life and instead fix your eyes on Christ. Anyone who runs to sugar for comfort or a reward, who eats mindlessly or out of boredom, who feels physically and spiritually lethargic, or who struggles with self-control will discover here not only freedom from their cravings but an entirely new appetite for the good things God has for us.

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In his first book, Dr. Daryl Gioffre taught us how to fight inflammation by getting off unhealthy, highly acidic foods. Now, he's targeted sugar—because when you break your sugar addiction, you cut out a major contributor to inflammation, brain fog, aging, and chronic disease. You'll go from stress eating to strength eating with Dr. Gioffre's life-changing plan: Phase 1: Weed—7 days to detox your mind, body, and diet Phase 2: Seed—21 days to crush your cravings Phase 3: Feed—A lifetime of satisfying, strengthening eating With tips for customizing the plan, including using clean keto and intermittent fasting to tune up your metabolism, and sixty-five craving-stopping recipes, *Get Off Your Sugar* is your guide to turning your body into a strength-eating, energy-filled, acid-kicking machine.

From the best-selling author of *Why We Get Fat*, a groundbreaking, eye-opening exposé that makes the convincing case that sugar is the tobacco of the new millennium: backed by powerful lobbies, entrenched in our lives, and making us very sick. Among Americans, diabetes is more prevalent today than ever; obesity is at epidemic proportions; nearly 10% of children are thought to have nonalcoholic fatty liver disease. And sugar is at the root of these, and other, critical society-wide, health-related problems. With his signature command of both science and straight talk, Gary Taubes delves into Americans' history with sugar: its uses as a preservative, as an additive in cigarettes, the contemporary overuse of high-fructose corn syrup. He explains what research has shown about our addiction to sweets. He clarifies the arguments against sugar, corrects misconceptions about the relationship between sugar and weight loss; and provides the perspective necessary to make informed decisions about sugar as individuals and as a society.

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