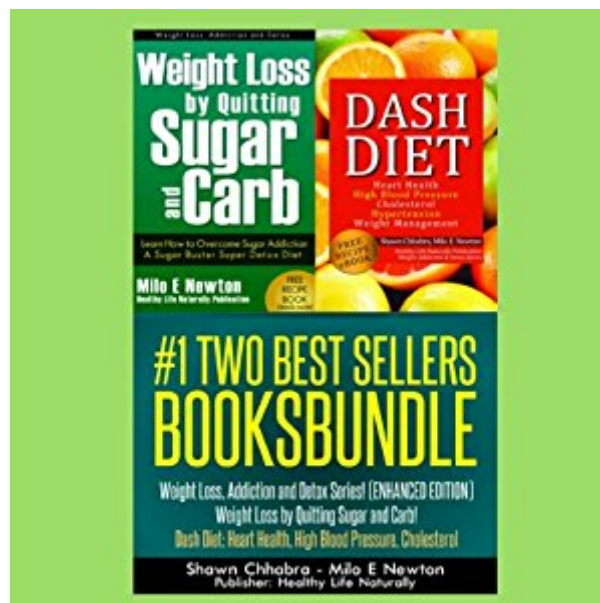


The book was found

Two Best Sellers Book Bundle: Weight Loss, Addiction And Detox Series! (Enhanced Edition): 'Weight Loss By Quitting Sugar And Carb!' 'Dash Diet: Heart Health, High Blood Pressure, Cholesterol'



Synopsis

This Bundle is also an Best Seller! Weight Loss by Quitting Sugar and Carb! Most people know that sugar is not a very healthy food, but few understand that it is similar to some of the most potent drugs. Sugar can affect brain function, disrupt healthy metabolic processes, and cause substantial weight gain over only a short period of time. Not only is it unhealthy, but it is almost unavoidable. Food growers and makers have been adding sugar to almost every imaginable food and beverage since the 1970s (including baby formula), and today it is a leading contributor to the obesity epidemic as well as many chronic diseases. In Weight Loss by Quitting Sugar and Carb - A Sugar Buster Super Detox Diet you will learn all about sugar in the modern diet. Not only will you discover why sugar appears as widely as it does in the food supply, but you will learn the many reasons that you should cut it from your diet. Dash Diet: Heart Health, High Blood Pressure, Cholesterol If you are tired of trying every diet out there and never losing the weight, then the answer is finally here. The Dash Diet is the answer to your weight loss issues and is based on healthy principles - so you know it works. The best part is that when you listen to "Learn How to Lose Weight Fast with Dash Diet" You will learn how to lose 1 pound per week! And keep It off! (Free Mediterranean diet recipes are included!) This is a book that dives deep into not only the parameters of the Dash Diet, but also helps you to think of how to apply it to your everyday life. It helps you to understand how this diet works, but more importantly what sets it apart from everything else you have ever tried. You will learn more about yourself by hearing this audiobook and going through the journey than you ever imagined!

Book Information

Audible Audio Edition

Listening Length: 4 hours and 18 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Health Life Naturally

Audible.com Release Date: April 18, 2014

Language: English

ASIN: B00JS9H6JW

Best Sellers Rank: #219 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy

#265 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking #558 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

Super easy to get the energy you need when you are putting good nutrition into you body!
myvienergy.bodybyvi.com doubled with this book. Vi is 12g protein , 5g fiber, 7g carbs, and less than 1g sugar so stellar for diabetics !! I know so many who have decreased their insulin shots from 3 to only 1! This is the stuff and this is the book! Lost 47lbs doing this and love it with my Vi!

This was an abbreviated version of the information in the Dash Diet book. None of this information is new and the approach to detox is the same as any other low carb diet.

Just as described!!!

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'Weight Loss by Quitting Sugar and Carb!' 'Dash Diet: Heart Health, High Blood Pressure, Cholesterol' Weight Loss by Quitting Sugar and Carb - Learn How to Overcome Sugar Addiction - A Sugar Buster Super Detox Diet (Weight Loss, Addiction and Detox) DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1 DASH Diet Detox: 14-day Quick-Start Plan to Lower Blood Pressure and Lose Weight the Healthy Way Video Game Addiction: The Cure to The Game Addiction (Addiction Recovery, Addictions, Video Game Addiction, Online Gaming Addiction) Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Smoothies for Diabetics: 85+ Recipes of Blender Recipes: Diabetic & Sugar-Free Cooking, Heart Healthy Cooking, Detox Cleanse Diet, Smoothies for ... loss-detox smoothie recipes) (Volume 54) Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, ... Belly, Tea Cleanse Diet, Weight Loss, Detox) Low Carb: The Low Carb Dessert BIBLEÂ© with over 200+ Decadent Recipes (The Ultimate Low Carb Dessert Cookbook for Rapid Weight Loss) DASH Diet Slow Cooker Recipes: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks) (Volume 3) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) The Blood Sugar Solution 10-Day Detox Diet Cookbook: More than 150 Recipes to Help You Lose Weight and Stay Healthy for Life The Blood Sugar Solution 10-Day Detox Diet: Activate Your Body's Natural Ability to Burn Fat and Lose Weight

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