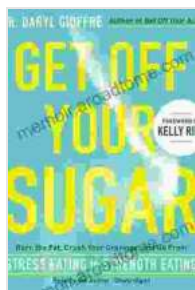


Get Off Your Sugar: The Proven 10-Week Plan to Break Your Addiction to Sugar and Lose Weight

Are you tired of feeling tired, bloated, and overweight? Do you crave sugar all the time? If so, you're not alone. Millions of people are addicted to sugar, and it's ruining their health.

Sugar is a highly addictive substance. It triggers the release of dopamine in the brain, which makes us feel good. This is why we crave sugar so much. But when we eat sugar, it causes our blood sugar levels to spike. This can lead to a number of health problems, including weight gain, diabetes, and heart disease.



Get Off Your Sugar: Burn the Fat, Crush Your Cravings, and Go From Stress Eating to Strength Eating

by Dr. Daryl Gioffre

★★★★☆ 4.4 out of 5

Language	: English
File size	: 6282 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 321 pages

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The good news is that you can break your addiction to sugar. And *Get Off Your Sugar* will show you how.

Get Off Your Sugar is the proven 10-week plan to break your addiction to sugar and lose weight. This book will help you:

- Identify your sugar triggers
- Break the sugar cycle
- Create a sugar-free eating plan
- Develop healthy habits
- Lose weight and improve your health

Get Off Your Sugar is not a fad diet. It's a sustainable, lifestyle change that will help you lose weight and improve your health for good.

If you're ready to break your addiction to sugar and lose weight, then *Get Off Your Sugar* is the book for you.

What You'll Learn in *Get Off Your Sugar*

In *Get Off Your Sugar*, you'll learn:

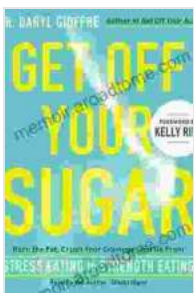
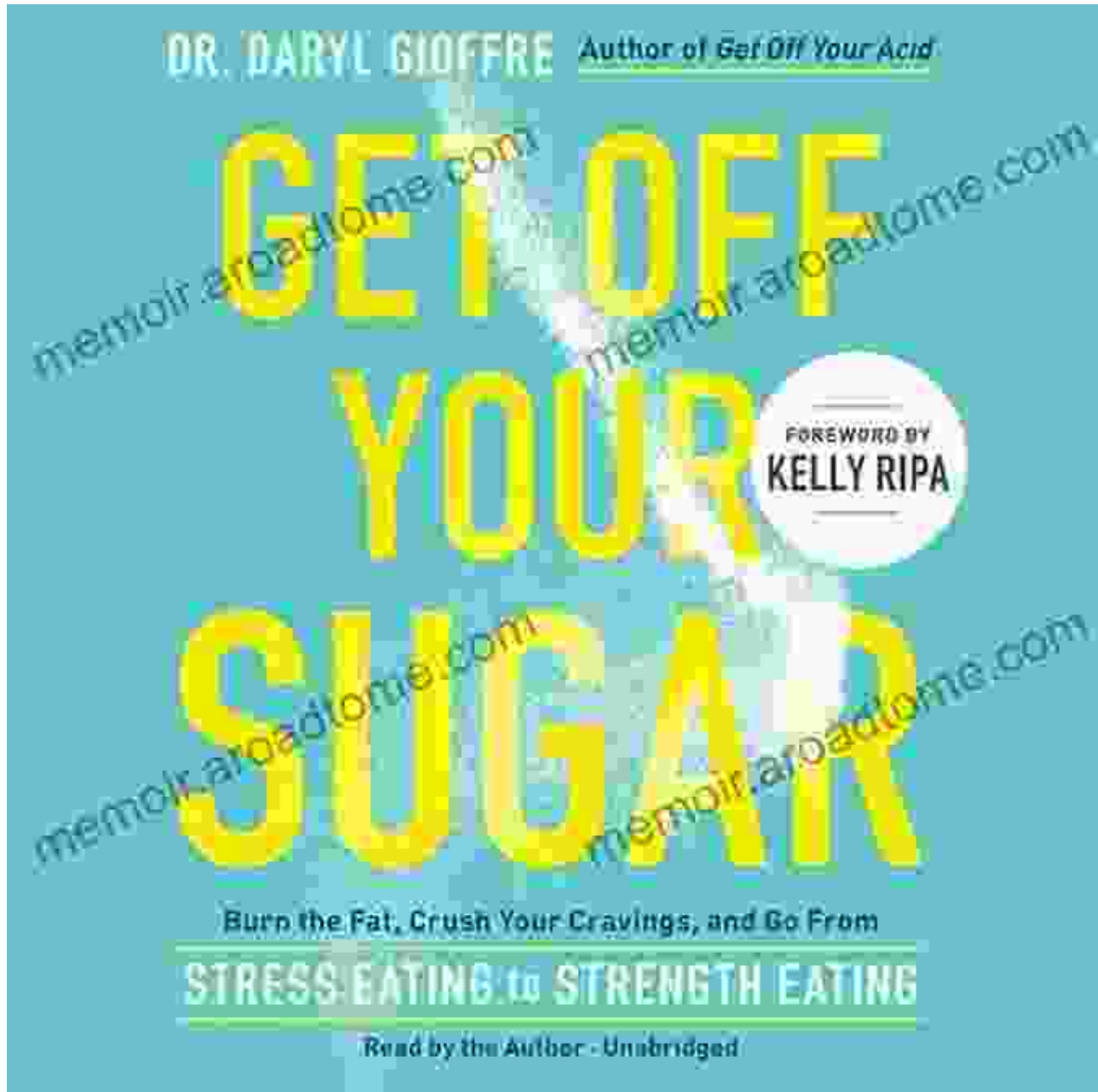
- The science of sugar addiction
- How to identify your sugar triggers
- How to break the sugar cycle
- How to create a sugar-free eating plan
- How to develop healthy habits

- How to lose weight and improve your health

Get Off Your Sugar is the most comprehensive guide to breaking your addiction to sugar and losing weight. This book will give you the tools and knowledge you need to make a lasting change in your life.

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