

# Descargar libros I Quit Sugar gratis (PDF | ePub | Mobi) Sarah Wilson DG Media



*'I lost weight and my skin changed, it cleared. But when I quit the white stuff, I also started to heal. I found wellness and the kind of energy and sparkle I had as a kid. I don't believe in diets or in making eating miserable. This plan and the recipes are designed for lasting wellness.'*

Sarah Wilson was a self-confessed sugar addict, eating the equivalent of twenty-five teaspoons of sugar every day, before making the link between her sugar consumption and a lifetime of mood disorders, fluctuating weight issues, sleep problems and thyroid disease. She knew she had to make a change.

What started as an experiment soon became a way of life, then a campaign to alert others to the health dangers of

sugar.

*I Quit Sugar* uses Sarah's personal experience to help you:

- beat the sugar habit with a tested eight week plan
- overcome cravings via proven and easy tricks
- find healthy sugar substitutes
- cook sugar-free: over a hundred desserts, cakes, chocolate, kids' treats, snacks and easy detox meals

'Sarah's down-to-earth, practical approach makes the sugar-quitting process doable, while her recipes make it fun' - David Gillespie, author of *Sweet Poison*.

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| <b>Title</b>     | : | I Quit Sugar |
| <b>Author</b>    | : | Sarah Wilson |
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| <b>File Size</b> | : | 24.57MB      |

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