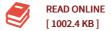


Zero Sugar Diet

By Stephen Perrine

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 II 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....



Reviews

This publication is very gripping and intriguing. It is among the most awesome book we have go through. You can expect to like how the author compose this book.

-- Dr. Malika Bechtelar II

This ebook might be worthy of a read, and superior to other. It usually does not charge an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding. -- Arch Upton

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