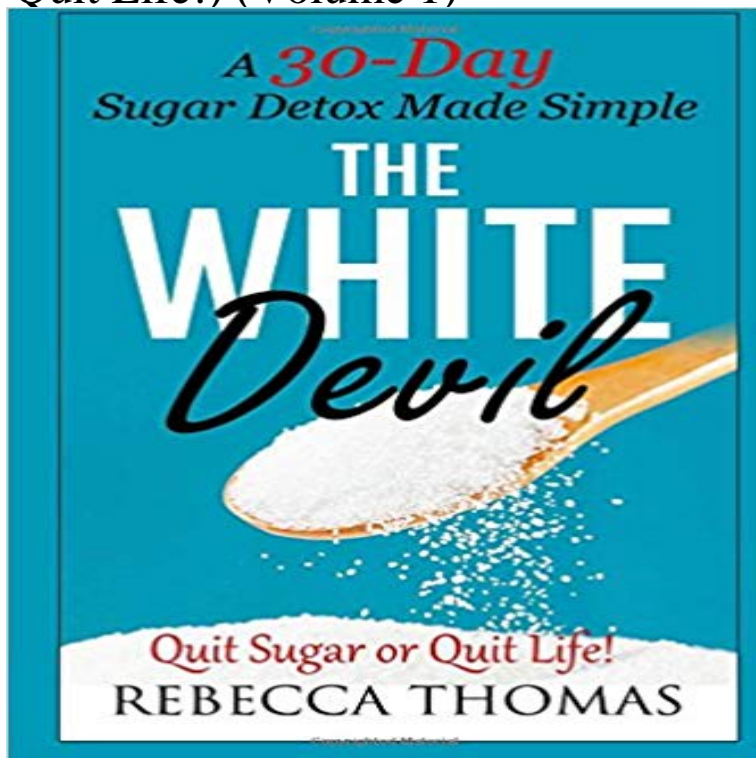


The White Devil: A 30-Day Sugar Detox Made Simple (Quit Sugar or Quit Life!) (Volume 1)



Its killing thousands and thousands of people each year. Its infecting people with diabetes, heart disease, and studies have shown that its a precursor to cancer. It is the white devil...SUGAR! To stop this plague, the 30-Day Added Sugar Detox has been created. It is 30 days, as opposed to 21-Days or less, because it has been proven that it takes 30 days for a habit to form. The ultimate goal of this Sugar Detox Program is that by the end of the 30-days you will have the sheer willpower and desire to continue eating only natural sugars and other healthy foods you will find in this e-book. DISCOVER:: - The Reality of What Sugar is Doing to Your Mind & Body - Why You Need To Start the 30-Day Added Sugar Detox Today - Foods That You Should Eat - Including Sugar Substitutes - A Meal Plan (Including Breakfast, Lunch, Dinner, Snacks, and Dessert) For Each of the 30 Days of Your Sugar Diet - Sweet Delicious Dessert Recipes - Awesome Workouts to Supplement Your 30-Day Sugar Detox - And Much, Much More!

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