



# **Lower Your Blood Sugar: How To Lower Your Blood Sugar Now and Keep It Low (Plan for Insulin Resistance, Prediabetes and Diabetes. Control Cravings and ... (How To Live Without Sugar Book 2)**

*Robin Forest*

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## **Lower Your Blood Sugar Now and Keep It Low**

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**Ready to lower your blood sugar, detox and kick your addiction? It might Save Your Life**

With Lower Your Blood Sugar you're going to discover the best, most effective way to get rid of bad habits, detox your body from the harmful effects of sugar.

*Are you ready to put your blood sugar to where it belongs and tame your sugar cravings?*

*Are you desperate and would like to do a sugar detox?*

*Are you tired being a sugar addict and ready to make a stop to it?*

**Lower Your Blood Sugar – A Quick Start Guide to Lower Your Blood Sugar, Bust Sugar Cravings, Increase Energy and Lose Weight with the Sugar Detox Diet** is a no BS, right-to-the-point super-guide that is filled with effective information.

You need to detox your body from sugar, lower your blood sugar for good and make sugar cravings and sugar addiction a thing of the past!

In a concise, step-by-step way, Lower Your Blood Sugar takes you step-by-step through how the sugar detox diet works and how to start eating healthy for life.

## **Lower Your Blood Sugar (And Keep It Low) teaches you:**

- How to choose foods that will effectively lower your blood sugar
- How the sugar detox will help you lose weight
- The benefits of a sugar detox diet
- The effects of bad sugars on the body
- The effects of sugar supplements on your brain
- How to sleep better, have clearer skin, better focus and less cavity
- How to prevent diabetes and other diseases caused by sugar
- How to drastically increase your energy
- How to overcome sugar addiction
- ...and much more!

As an added **BONUS**, Lower Your Blood Sugar includes an option to Get 150 Mediterranean Recipes, delicious sugar detox recipes for breakfast, lunch, and dinner plus salad, soup, side dish and snack RECIPES from a World Healthiest Diet that will allow you to dive right into a sugar detox that will detox your body and eradicate pesky sugar cravings.

## **How Lower Your Blood Sugar can save your life**

Statistics say that the average American consumes 156 pounds of added sugar each year. Yet, sugar can be extremely damaging to the body because it can cause all kinds of life-threatening diseases.

Nutrition experts say that refined sugar is as harmful as a drug. It is simply a pure chemical derived from plant sources that is purer than cocaine.

Studies show that sugar actually causes the brain to react in a similar way that it does to opiates like heroin or morphine. It creates a euphoric feeling that makes you consume more sugar to create the same 'high' you had before.

Lower Your Blood Sugar is unique in that it doesn't waste your time with useless information. It shows you exactly how to lower your blood sugar, detox your body from sugar, lose weight and beat your sugar addiction fast.

## Here's a Preview of What You'll Learn...

- Why sugar makes you fat
- The difference between good and bad sugars
- How the sugar detox diet works
- Good foods to eat on the sugar detox diet
- Foods to avoid on the sugar detox diet
- How to beat sugar addiction
- How to do a 14 day sugar detox
- A quick healthy recipes when you need them
- The difference between natural and artificial sweeteners
- What to expect during your sugar detox
- Eating out during your detox
- How to reintroduce sugar
- How to maintain a your blood sugar low
- Sugar free "detox friendly" recipes
- ...and more!

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Keywords: sugar detox, sugar, sugar detox for beginners, sugar d



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**From reader reviews:**

**Lizabeth Melgar:**

The guide untitled Lower Your Blood Sugar: How To Lower Your Blood Sugar Now and Keep It Low (Plan for Insulin Resistance, Prediabetes and Diabetes. Control Cravings and ... (How To Live Without Sugar Book 2) is the e-book that recommended to you to see. You can see the quality of the guide content that will be shown to an individual. The language that author use to explained their ideas are easily to understand. The author was did a lot of investigation when write the book, to ensure the information that they share for you is absolutely accurate. You also might get the e-book of Lower Your Blood Sugar: How To Lower Your Blood Sugar Now and Keep It Low (Plan for Insulin Resistance, Prediabetes and Diabetes. Control Cravings and ... (How To Live Without Sugar Book 2) from the publisher to make you a lot more enjoy free time.

**Kenny Crowther:**

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**Cynthia Harvell:**

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