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## So Long, Sugar

My 8-week naturopathic program

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Authors: Marion Thelliez (Text) - Anne Ghesquière (Edited by)

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A gourmet life without sugar is possible!

We consume too much sugar, sometimes without even realizing it. Many studies point the finger at this ingredient as being responsible for metabolic fatigue, the resurgence of chronic diseases, and obesity. Naturopath Marion Thelliez helps us find sugars hiding in foods and change our eating habits in a sustainable way. Distinguish the families of sugars; choose your detox cure according to your profile; adopt the 8-week "I quit sugar!" program. There are 30 recipes here with 0% sugar and 100% pleasure!

Thanks to this book, you can take charge of your health again! Freeing yourself from sugar can become a reality, and your body will thank you!

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Sales in France: 31,000 copies

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