



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

*Rebecca Thomas*

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It's killing thousands and thousands of people each year. It's infecting people with diabetes, heart disease, and studies have shown that it's 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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