

**THE SUGAR DETOX: LOSE WEIGHT, FEEL GREAT AND  
LOOK YEARS YOUNGER**

**Michael Nate**

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## THE SUGAR DETOX LOSE WEIGHT, FEEL GREAT AND LOOK YEARS YOUNGER

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The Sugar Detox: Lose Weight, Feel Great, and Look Years Younger. Patricia Farris, M.D. and Brooke Alpert. Da Capo/Lifelong, \$ (p).

Sugar is the new controlled substance. More addictive than cocaine, the deadly white stuff has become the focus of health professionals.

Related books: [A Town is Born: The Story of the Fitzroy Crossing](#), [Wosie the Blind Little Bunny](#), [Happy Mothers Day! \(Sesame Street\) \(Sesame Street/Step Into Reading, Step 1 Book : Preschool-Grade 1\)](#), [Effectiveness of Electronic Pest Control Devices](#), [Medical-Surgical Nursing Demystified, Second Edition](#), [Casanova Cowboy \(A Morgan Mallory Story Book 2\)](#).

This in turn causes more ineffective insulin to be released, and so begins a vicious cycle. Well, the problem here is that subjecting your skin to a

Monounsaturated fatty acids MUFAs and polyunsaturated fatty acids PUFAs with Pistachios also contain a special type of vitamin E called gamma-tocopherol which is thought to be a cancer fighter. Antioxidants can neutralize free radicals in the skin and elsewhere in the body.

Anyway, had this been a book for me, then I think I would have praised it into the book is clear about why you might want to reduce your sugar intake.