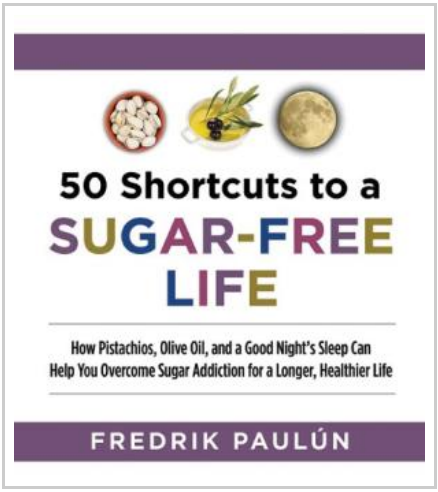


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50 Shortcuts to a Sugar-Free Life: How Pistachios, Olive Oil, and a Good Night's Sleep Can Help You Overcome Sugar Addiction for a Longer, Healthier Life

By Fredrik Paulun

Skyhorse Publishing. Paperback. Book Condition: new. BRAND NEW, 50 Shortcuts to a Sugar-Free Life: How Pistachios, Olive Oil, and a Good Night's Sleep Can Help You Overcome Sugar Addiction for a Longer, Healthier Life, Fredrik Paulun, Refined sugars are probably the most hazardous ingredients in modern food. They're extremely dense in calories and highly addictive--and this can make us fat. For most Americans today, one out of every four calories consumed is refined sugar. Excessive consumption of refined sugar increases the risk for many forms of cancer, cardiovascular disease, diabetes type 2, general inflammation, and premature aging. In 50 Shortcuts to a Sugar-Free Life, Fredrik Paulun Sweden's number one nutritionist and author of 50 Ways to Boost Your Metabolism, explain why refined sugars are so dangerous to your health and how to avoid excess intake and addiction. He offers lifestyle tips and easy tricks for reducing consumption of sugar and making healthy choices. Paulun also shows how to enjoy a taste of sweetness from natural sources, for delicious food that provides only positive effects for the brain and body. Paulun draws on the latest research to provide expert, scientifically-proven shortcuts to a better lifestyle. Whether you follow one sugar-cutting strategy...

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