



## The Paleo Sugar Addict Bible (Paperback)

By Mercedes Del Rey

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. It's sweet. It's white. And it's deadly. We're referring, of course, to sugar and the terrible effects it's wreaking upon hundreds millions of people around the world today. It's an important fact to grasp but one of the more disturbing aspects of our modern civilisation is the global addiction to sugar. There's no escaping the evidence: obesity rates are soaring and diabetes rates are reaching record levels. So what can we do to tame this monster that's been let loose on our bodies? The answer might be a lot easier than you suspected. The Paleo response to sugar addiction is a powerful and effective method for taming the cravings that make sugar so hard to resist. Renowned for its revolutionary effects on the body's metabolism and its extraordinary capacity to restore health and wellbeing at every level, the Paleo Method recognises the body's most natural way to metabolise and process food. Taming the sugar addiction is one of the great advantages of following the Paleo Method and the difference to our...



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