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LOW SUGAR NO SUGAR: HOW TO REDUCE YOUR SUGAR INTAKE, LOSE WEIGHT AND FEEL GREAT (PAPERBACK)



Wilkinson Publishing, Australia, 2014. Paperback. Book Condition: New. 232 x 170 mm. Language: English. Brand New Book. The world is catching on to the dangers of high levels of sugar in the diet, causing weight gain, overweight, lowered immunity, diabetes and heart disease. Quitting sugar seems to be the diet du jour, providing newspapers, magazines and current affairs programs with plenty of material, both for and against reducing sugar in the diet; and it s a subject we ll...

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- Authored by Jess Lomas
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