



## 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...



[READ ONLINE](#)

### Reviews

*This pdf is really gripping and intriguing. it was actually writtern very completely and benefical. You wont really feel monotony at whenever you want of your time (that's what catalogues are for about in the event you request me).*

-- **Ms. Gracie Nicolas**

*A very awesome ebook with perfect and lucid information. It is really simplified but unexpected situations in the 50 % of your pdf. I am pleased to let you know that here is the greatest book i have study inside my very own lifestyle and can be he greatest ebook for at any time.*

-- **Noah Bruen**

## Relevant Books



### **Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook**

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



### **Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire**

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.Still finding it getting your way around your Kindle Fire Wish you had the answers to all your frequently asked...



### **Boost Your Child s Creativity: Teach Yourself 2010**

Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Book Condition: New. 196 x 130 mm. Language: English . Brand New Book. Every parent wants their child to achieve their full potential. Whatever your child s interest or inclination, from art to music,...



### **Free to Learn: Introducing Steiner Waldorf Early Childhood Education**

Hawthorn Press Ltd. Paperback. Book Condition: new. BRAND NEW, Free to Learn: Introducing Steiner Waldorf Early Childhood Education, Lynne Oldfield, A guide to the principles and methods of Steiner Waldorf Early Childhood education. Lynne Oldfield draws on kindergarten experience from around the...



### **Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!**

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on The Huffington Post, igniting countless conversations online...



### **Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]**

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...