



JJ Virgin's Sugar Impact Diet: Drop 7 Hidden Sugars, Lose Up to 10 Pounds in Just 2 Weeks

J.J. Virgin

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THE NEW YORK TIMES BESTSELLER

Outsmart Sneaky Sugars to Lose Fat Fast!

If you're eating healthy, but just can't seem to lose weight, you're not alone. Sugar is the single biggest needle mover when it comes to your health and the number on the scale, but sugar hides in places you'd never expect: whole foods, diet foods, packaged foods, dressings . . . even sugar substitutes. And it's not enough to cut out or cut back on sugar-you have to cut out the right kinds of sugar.

In this groundbreaking book, *New York Times* bestselling author JJ Virgin explains the powerful concept of Sugar Impact: how different sugars react differently in the body. High Sugar Impact foods cause weight gain, energy crashes, and inflammation. Low Sugar Impact foods fuel your body for prolonged energy and promote fat burning. This eye-opening book pinpoints the most damaging sugars that we eat every day-without even realizing it-in common foods like skim milk, diet soda, whole-grain bread, and "healthy" sweeteners like agave.

By swapping high Sugar Impact foods for low Sugar Impact foods you will shed fat fast-up to 10 pounds in 2 weeks!-and transform your body and your health for good. Best of all, you don't need to eliminate sugar completely or count calories. Prepare to:

- Lose the bloat
- Target belly fat
- Rev your metabolism
- Cut cravings
- Become a fat burner, not a sugar burner
- Lose fat fast-and forever!

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Typically the book JJ Virgin's Sugar Impact Diet: Drop 7 Hidden Sugars, Lose Up to 10 Pounds in Just 2 Weeks has a lot info on it. So when you make sure to read this book you can get a lot of benefit. The book was compiled by the very famous author. The author makes some research just before write this book. This kind of book very easy to read you can find the point easily after perusing this book.

Beth Johnson:

In this particular era which is the greater individual or who has ability in doing something more are more valuable than other. Do you want to become one among it? It is just simple way to have that. What you must do is just spending your time not much but quite enough to enjoy a look at some books. One of several books in the top checklist in your reading list is usually JJ Virgin's Sugar Impact Diet: Drop 7 Hidden Sugars, Lose Up to 10 Pounds in Just 2 Weeks. This book which can be qualified as The Hungry Slopes can get you closer in turning into precious person. By looking upward and review this guide you can get many advantages.

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