



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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Jetta Butler:

Many people spending their time frame by playing outside having friends, fun activity together with family or just watching TV the entire day. You can have new activity to spend your whole day by looking at a book. Ugh, think reading a book can definitely hard because you have to use the book everywhere? It fine you can have the e-book, taking everywhere you want in your Smart phone. Like JJ Virgin's Sugar Impact Diet: Drop 7 Hidden Sugars, Lose Up to 10 Pounds in Just 2 Weeks which is getting the e-book version. So , try out this book? Let's observe.

Royce Britton:

Is it a person who having spare time in that case spend it whole day simply by watching television programs or just lying on the bed? Do you need something new? This JJ Virgin's Sugar Impact Diet: Drop 7 Hidden Sugars, Lose Up to 10 Pounds in Just 2 Weeks can be the solution, oh how comes? A fresh book you know. You are consequently out of date, spending your spare time by reading in this completely new era is common not a geek activity. So what these guides have than the others?

Darrin Russell:

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