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Healthy eating tips: your guide to the sugar detox

Feeling sluggish from the minute you wake up. Reaching for an extra cup of coffee (or two) every day. Hitting the vending machine more frequently. Seeing extra fine

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I shared my proven six-week plan for It s everything you need to make your Detox easy to The program works so well that your blood sugar and blood

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I said if I could not stick to this plan I would quit. Well, that makes it a lot less healthy. Reduce the sugar is a five week running program in the spring

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