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Oh Sugar How To Satisfy

An informative read about the sugar and how our consumption of it in all its forms is to the detriment of our health. This book explains why and how the consumption of sugary foods is addictive and plays a part in so many health issues.

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Oh, Sugar! | A Sweet Co. - Oh Sugar! Sweets

Get this from a library! Oh sugar! : how to satisfy your sweet tooth naturally for a happy, healthy lifestyle. [Daisy Godwin] -- Sugar is not something that manufacturers like to shout about, but the truth is it's everywhere. Sweet treats make us happy while we are eating them, but they also create insatiable cravings, excess ...

Oh sugar! : how to satisfy your sweet tooth naturally for

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Sugar FAQs; 4 4. Discover How Much Sugar You're Really Eating (How to Read Food Labels); 5 5. Eight Ways to Satisfy Your Sweet Tooth Naturally; 6 6. Three Secret Weapons; Part 3: Retrain Your Brain; 7 7. Be Kind to Yourself and Other Mind-bending Tips; 8 8. Breaking Habits; 9 9. Happy Eating; Part 4: A Low-Sugar Day; 10 10. Breakfast; 11 11.

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Dolcetti's ultimate goal is to satisfy our clients and their sweet taste buds. Our cakery provides superior products, being both attractive and yummy! Our regular clients state we are the best, but we never stop developing our recipes. We continue exploring this fascinating sweet world!

Oh Sugar - Cakes by Lisa

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