

An instant New York Times bestseller, Prevention's Sugar Smart Diet by Anne Alexander, with Julia VanTine provides a powerful, proven 32-day plan to help you beat food cravings, gain energy, lower your risk of heart disease and diabetes, and enjoy weight loss like never before—all while reclaiming the pure pleasure of sugar. Don't let sneaky sugars fool you and harm your health. Prevention—the leading healthy lifestyle brand in the U.S.—has the answer. Here's how you can shrink your sugar belly, drop pounds, and find your path to optimum health! You will: • Lose up to 16 pounds and 16 inches in just 32 days • Lower cholesterol, triglycerides, and blood pressure • Never feel hungry • Discover surprising sugar bombs along with healthy sugar swaps • Indulge in 50 delicious sugar-smart recipes • Learn how to enjoy sugar without triggering fatigue or weight gain or increasing the risk of diabetes, heart disease, and other ailments Discover how all this and more is possible when you get smart about sugar!

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