



Low Sugar

By Jess Lomas

Wilkinson Publishing. Paperback. Book Condition: new. BRAND NEW, Low Sugar, Jess Lomas, The low sugar movement is in full swing as more people open their eyes to the dangers of excess refined sugar in their diet. Weight gain; obesity; lowered immunity; heart disease and diabetes have all been in the spotlight as potential side effects of a diet high in sugar. In Low Sugar Collected Edition, Jess Lomas writes from experience; after reducing her sugar intake in April 2012 she has experienced weight loss and a renewed level of energy and zest for life. She has created a simple plan to help people reduce the amount of excess sugar in their daily diet and has developed a great collection of low sugar recipes to enjoy including breakfast ideas, snacks, dinners and desserts. This book is not about extreme dieting, it's a lifestyle change. The Low Sugar motto is simple; remove the everyday excesses and enjoy the occasional sweetness in life.



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