



Sugar Addiction: Why are We So Addicted to Sugar? (Sugar Detox And Sugar Addiction Help Guides Book 1)

Pricilla Lea

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Don't Be A Slave To Sugar! You CAN Overcome Your Addiction!

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Sugar has been used for our sweetening needs throughout history, but never has the numbers of obesity, diabetic, or other critical health issues among the world's population, has ever been as high as it is now.

Young adults and teenagers seem more afflicted by these diseases and conditions as compared to adults and the numbers are steadily rising every day, most likely caused by the constant barrage of junk foods in the marketplace. We all know that the Fast food industry has something to do with this as well, but the major contributing factor is still sugar and its presence in virtually all things we consume, or are trendy these days.

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