



The Paleo Diet: 10 Days Sugar Detox Plan

Susan A.

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Feel Better With An Healthy Life Style

The Paleo Diet is the perfect way to lose weight and get healthy. Inside this book is a guide to live a better life style and feeling better. **The 10 days sugar detox plan** includes 30+ recipes based on the Paleo Diet to help you get away from sugars.

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***This is not a substitute for working out. Eating healthy and **being physical active** is the only sure way to lose weight.

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