

Healthy Eating for Healthy Living

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Synopsis

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If you want to lose up to 20 lbs in 30 days, then keep reading!

Excessive consumption of sugar and refined carbohydrates often results in obesity. 42.4 percent of American adults are obese, according to the CDC's National Center for Health Statistics. Lots of people struggle with various illnesses as a result of being overweight including type 2 diabetes, cognitive decline, and cardiovascular diseases. These diseases usually lead to premature deaths. They can be prevented by adopting healthy eating habits which is the actual purpose of *Healthy Eating for Healthy Living*.

In this book, you will discover:

- Healthy eating basics
- Zero-sugar diet and how it works
- How to break away from sugar
- Zero-sugar diet battle plan
- How to become a new you

Studies have confirmed that it is easier to lose more weight on the zero-sugar diet than most other meal types. Research over the last 2 decades showed that people on zero-sugar diets lost more weight compared to those on low-fat-controlled diets in the same period.

If you want to shed that extra pound while still living your best life, then scroll up and click the "Add to cart button" now.

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