

## [WHAT IS THE SUGAR DETOX DIET](#)



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### **How to Do a Sugar Detox Without Going Crazy Daily Burn**

If you eat dinner solely for the chance to chase it with dessert, we hate to break it to you, but it might be time to try a sugar detox. We're not talking about a five-day fad cleanse, either. The ultimate goal is to really downplay sugar in the diet and have that be a permanent lifestyle change, says Bethany Doerfler, RD, LDN, and a clinical research dietician at Northwestern Medicine in Chicago.

<http://ebookslibrary.club/How-to-Do-a-Sugar-Detox--Without-Going-Crazy--Daily-Burn.pdf>

### **Healthy Eating Tips Your Guide to the Sugar Detox Diet**

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### **The Sugar Detox Diet 13 Health Benefits and Food List**

A sugar detox program is intended to teach you the benefits of avoiding refined sugar, the hidden sugar in processed food products, and tasty substitutes that will hopefully quash your craving for sugar. By following a sugar detox plan, you may have more lasting energy and improved mental, physical, and dental health.

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Although detox diets are popular diet plans, there have been very few clinical trials to support the use of these diets. Preliminary research suggests that certain foods and substances may have properties that aid detoxification, but most of the research is animal- or laboratory-based.

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