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I Quit Sugar

Sarah Wilson

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I Quit Sugar

Sarah Wilson

I Quit Sugar Sarah Wilson

A practical week-by-week guide for quitting sugar - and getting you clean, clear and lighter!

Sarah Wilson is a high-profile Australian TV and magazine journalist, as well as a health coach, and her 8-week program draws on her personal journey (through hypoglycemia and auto-immune disease) as well as tips and research from the best experts around the world.

I Quit Sugar includes recipes, shopping lists and clever tricks for ditching the sweet stuff - for good.

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