

i quit sugar challenge

Tue, 04 May 2010 23:53:00
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Sugar. This is best place to
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Quit Sugar and I also let
you in on my journey to
sugar free living! Welcome
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Quit Sugar - While this post
doesn't appear to
mention this, unless I missed
it, I have also read research
where sweeteners elicit an
insulin response, just as
though you ate sugar in the
first place. The Definitive
Guide to Sugar | Mark's
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