




Benefits of Eliminating Sugar



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- Heart health - this includes lower cholesterol and blood pressure numbers.
 - Skin health - say goodbye to midlife acne and slow down signs of aging.
 - Sidestep diabetes - cutting back sugar decreases the fatty deposits around the pancreas that spur on this disease.
 - Improved mood - people who cut sugar have less anxiety, irritability, and mood swings.
 - Improved sleep - enjoy less late-day sluggishness and better quality sleep due to lower cortisol levels.
 - Less brain fog - enjoy clearer thoughts and a sharper memory.
 - Weight loss - trading calorie-dense sugary snacks for more healthful choices will naturally help you to trim down.

Karen Cicero, Prevention Magazine