



W.T.H. Is in Your Food?!: Sugar-Free Is Not the Way to Be! (Paperback)

By Victoria Petra Z

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are the sugar-free, low-calorie artificial sweeteners as beneficial as they advertise? Let s think about it. The definition of artificial is: not natural or real; made, produced, or done to seem like something natural, not happening or existing naturally: created or caused by people, not sincere. That being said, if something is artificial why would we consume it? Are any of these artificial sweeteners naturally produced? Some of us consume artificial sweeteners thinking that it is better for our health and weight maintenance, is this 100 accurate? Do they possibly cause an increase in appetite? Is natural cane sugar better for our bodies? Is there a sugar that may assist in eradicating cancer? Well, this little book may help you find some answers! Here s a lists all the artificial sweeteners, the pros and cons of each one, and some guidance to keeping that sweet tooth satisfied the right way! Let s take a look! Reference: (//.



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