



# **The Low Carb, Sugar Detox, Gut Healing Collection: Low Carb, High Fat Diet, Sugar Detox Diet and The Gut Healing Protocol (Eat Your Way Lean & Healthy)**

*Katherine Wright*

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## **The Low Carb, Sugar Detox, Gut Healing Collection**

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Hi, I'm Katherine (Katy) Wright,

Over the years I have tried everything under the sun in order to lose weight and stay fit. My enthusiasm for fitness and diet have led me to find out exactly what does and what doesn't work. I've previously written about the subject of losing weight without picking up a weight or hitting the treadmill; but in this collection of books I'm going to lead you through some of my most favorite topics including Low Carb, High Fat eating, Detoxifying yourself from Sugar and Healing Your Gut.

This awesome group of books will literally have you losing weight and feeling amazing in no time...

What you'll find in these 150+ pages are the rules of the road when it comes to low carbohydrate eating, sugar detoxing and healing your gut. If you're like me and you've had it with conventional wisdom, you won't be disappointed with this package.

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