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**calories, take
sugar carbs per
serving x 4
(there are 4
calories per gram
of sugar) alcohol
calories + sugar
calories = total
calories per
serving. Alcohol
calories math:
There are 7.1
calories per gram
of pure ethanol**

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humorous style.
However as a
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confused. The
author having
identified
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real enemy, then
goes on to
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**realist's guide to
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stress**

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sugars in your
diet When you're
walking around
the supermarket
it can be
confusing trying
to decide what to
buy as part of a
healthy,
balanced diet.**

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Many foods and drinks have different labels, front and back of pack, containing lots of information and can be difficult to understand.

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**Sherri Nicholds
(Author of The
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**pre-disposed to
stress it mightn't
surprise you to
hear that coffee,
cigarettes, sugar
and booze can
make things
worse. The
chemical reason
is that these are
all stimulants
and, for all they
might offer ...**

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Wines | Wine
Folly World

**Although
molasses has a
fairly equal
fructose-glucose
ratio (half in free
fructose/free
glucose and half
in disaccharide
sucrose), it
offers the**

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nutrients
extracted in
table sugar
production: iron,
calcium,
magnesium,
potassium,
phosphorus,
copper and zinc.

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...

**Sherri Nicholds is
an independent
author and
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productivity and
efficiency geek,**

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she has spent
years making it
her mission to
study,
systematize and
improve every
area of her life.
This in turn led
to her becoming
a passionate
advocate of
sugar-free living.

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body, making
you more
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everything from
mood swings to**

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heart disease.
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a step-by-step
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sugar and help
you lose weight,
increase your
energy, and
lower your risk
of disease.

**A realist's guide
to spring**

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