

SUGAR AND THE BODY

Listen to Dr Shahra of Skin, Body, Brain and Health Renewal as she chats to @AbstractAIMS 2oceansvibe Radio about the dangers of sugar!



Here listen in, and put down those sweeties!

Answering your questions such as:

- The disadvantages of sugar consumption and how to combat them? -
What are the long term effects of too much sugar in the system?

Listen here: <http://bit.ly/20lauT9>