

# How I Lost 20 Pounds In Two Months Using Sugar Detox By JJ Watts

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### **Is anyone on the fat smash diet, by dr ian smith**

I'm going to start the Fat Smash Detox tomorrow as I see that I am May 20, 2007, 2:59 PM fat smash I have been on it for Two months, have lost 11 pounds

Domain: [www.peertrainer.com](http://www.peertrainer.com) File: /LoungeCommunityThread.aspx?ThreadID=31311

### **Diet 2 4 6 8 the single most effective way to lose**

Other tortoise specificities of waiting for status months or Citizens have two forms of anthropomorphic jj virgin diet shakes subdominant sugar balancing

Domain: [zumir.com](http://zumir.com) File: /wp/wp-blog/diet-2-4-6-8.pdf

### **18 pounds in 4 days - everydiet - expert diet plan**

18 Pounds in 4 Days Detox Diets Raw Food Diets; He says that he managed to lose 20 pounds in less than a week simply by following the principles outlined in

Domain: [www.everydiet.org](http://www.everydiet.org) File: /diet/18-pounds-in-4-days

### **How to lose 100 pounds on the slow-carb diet**

I m using the Slow Carb Diet for blood sugar issues and my energy is definitely more stable, I first began with the SCD for a few months (also lost 20 pounds).

Domain: [fourhourworkweek.com](http://fourhourworkweek.com) File: /2012/07/12/how-to-lose-100-pounds/

### **Weight loss with green smoothies | green smoothies**

I called my experiment The Green Smoothie Experiment 2 because before I blood sugar dropped able to lose 127 pounds in 25 weeks (6 months)

Domain: [greensmoothiesblog.com](http://greensmoothiesblog.com) File: /green-smoothie-weightloss/

### **10-day green smoothie cleanse: jj smith:**

10-Day Green Smoothie Cleanse [JJ on a January detox, consider doing a 10-day green smoothie cleanse and lost 12.5 lbs. My husband dropped 15.2,

Domain: [www.amazon.com](http://www.amazon.com) File: /10-Day-Green-Smoothie-Cleanse-Smith/dp/1501100106

### **7 foods that help you lose weight - caring.com**

A helpful article with tips and foods that help you lose weight. help you lose weight 4. Apples. To keep the pounds at help your body metabolize sugar,

### **Green smoothie consumption guidelines and common questions**

I recommend starting with more fruity green smoothies and slowly using more to 2-3 I lost those 10 lbs. green smoothies bring up my blood sugar?

Domain: greensmoothiesblog.com File: /green-smoothie-questions/

### **I need to lose 20 pounds**

Fed up with being FAT? Good then say FU\*K BEING FAT out loud and also see More fast weight loss workouts to lose weight fast here @

Domain: wn.com File: /I\_NEED\_TO\_LOSE\_20\_POUNDS

### **Health supervisors - answers.com**

losing weight too fast can leave you looking pretty sickly.) I have them about every 1 to 2 months. Chew sugar free gum instead.

Domain: www.answers.com File: /Q/FAQ/431

### **Smoothie diet plan | livestrong.com**

Apr 14, 2015 More recently marketed as short-term detox diets where you you may choose to replace a meal or two with a healthy smoothie. How To Lose 20 Pounds

Domain: www.livestrong.com File: /article/333364-smoothie-diet-plan/

### **'how acidic is your body' step 1 - alkaline diet**

sugar, honey, syrup, jams, cookies, donuts) Bread (rye bread, pancakes, sourdough Alkaline Diet. All Rights Reserved

Domain: alkalinefoods.net File: /acidityquiz2/

### **How i lost 40 pounds in 6 weeks**

How to Lose 40 Pounds in 2 Weeks - Everyone wants to look their best, and if you're carrying extra weight around, it can start to feel too heavy to bear. There are a

Domain: wn.com File: /How\_I\_Lost\_40\_Pounds\_in\_6\_Weeks

### **Lose 10 pounds in a week - day 7 - haris on**

This balanced diet plan is specially for readers who have successfully completed my Lose 10 pounds lose 20 pounds in 2 lose about 70 pounds in 2 months

Domain: bilaras.hubpages.com File: /hub/Lose-10-pounds-in-a-week-Day-7

### **The virgin diet by jj virgin: what to eat and foods to avoid**

I have only lost 1/2 lbs Is erythritol OK on Virgin Diet? I know she mentions a sugar good health but after reading about the JJ Virgin Diet I have started on

Domain: www.chewfo.com File: /diets/the-virgin-diet-by-jj-virgin-2012-what-to-eat-and-foods-to-avoid-food-list/

### **Zone diet -- what you need to know -- us news best**

At two months, Zone dieters had lost about 6 pounds, for type 2 diabetes. If the Zone diet helps you lose weight that between 20 to 35 percent

Domain: health.usnews.com File: /best-diet/zone-diet

### **The virgin diet review | does it work?, side effects, buy the**

Click Here To See Our Highest Rated Review. The Virgin Diet is a book written by JJ Virgin. It is a plan that claims to help you lose seven pounds in seven days, just

Domain: www.dietspotlight.com File: /the-virgin-diet-review/

### **Comments - weight loss hq**

but do not like black coffee with out sugar and milk so, can I still use brown just lost 20 lbs. by modifying my diet I've lost 17 pounds in 2 months.

Domain: [www.weightloss-hq.biz](http://www.weightloss-hq.biz) File: /component/comments.feed?format=feed

### **The 21-day wonder diet plan - livestrong.com -**

May 05, 2015 You can lose as much as 22 pounds in three weeks by following the 21-Day Wonder diet, Can You Lose 20-30 Pounds in 6 Weeks.

Domain: [www.livestrong.com](http://www.livestrong.com) File: /article/366064-the-21-day-wonder-diet-plan/

### **How to lose 15 pounds without dieting | women's**

How to Lose 15 Pounds Without Dieting 20 Perfect Workout Snacks The Exact Steps I Took to Lose 40 Pounds in 4 Months.

Domain: [www.womenshealthmag.com](http://www.womenshealthmag.com) File: /weight-loss/how-to-lose-weight-without-dieting

### **The biggest loser 7-day diet plan | fitness**

we asked The Biggest Loser nutritionist Cheryl Forberg, Detox ; Fat Burning you're sure to lose weight in no time. From the editors of Fitness.

Domain: [www.fitnessmagazine.com](http://www.fitnessmagazine.com) File: /weight-loss/plans/7-day/the-biggest-loser-7-day-diet-plan/

### **The journey from normal to healthy; the story of**

Even though I bit the awkward bullet three months ago and signed to the JJ Virgin detox process two different times, I lost about 20 pounds,

Domain: [recoveringstarbucksaddict.blogspot.com](http://recoveringstarbucksaddict.blogspot.com) File: /

### **The juice master diet: lose 7 pounds in seven**

Jan 03, 2013 The Juice Master Diet: Lose 7 Pounds in Seven Days? share; pin; tweet; By FOX News Magazine | All market data delayed 20 minutes.

Domain: [magazine.foxnews.com](http://magazine.foxnews.com) File: /food-wellness/juice-master-diet-lose-7-pounds-seven-days

### **The one diet that can cure most disease: part i |**

And he lost 15 pounds. I flew with another pilot who advocated your program and I bought The Blood Sugar Solution . After 6 months, I m using diet to

Domain: [drhyman.com](http://drhyman.com) File: /blog/2013/05/17/the-one-diet-that-can-cure-most-disease-part-i/

### **The virgin diet | sarah fit**

Catchy title right? Author JJ Virgin explains how dropping 7 foods can help you lose 7 lbs in just 7 days in her new diet book, The Virgin Diet.

Domain: [sarahfit.com](http://sarahfit.com) File: /the-virgin-diet/

### **Lose 10 pounds in a week - day 1 - hubpages**

Grapefruit is the best weight loss fruit. It has low sugar content I lost 2.2 pounds! if i do this for 4 weeks would i lose at least 20 pounds with the

Domain: [bilaras.hubpages.com](http://bilaras.hubpages.com) File: /hub/Lose-10-pounds-in-a-week-day-1

### **What are the best and healthiest ways to lose**

What are the best and healthiest ways to lose weight? Early eaters were able to lose on average 22 pounds over 20 weeks while later eaters lost 17. Sugar 2

Domain: [www.quora.com](http://www.quora.com) File: /What-are-the-best-and-healthiest-ways-to-lose-weight#!n=92

### **Join my 30-day green smoothie challenge! -**

Your Portal For Green Smoothie Weight Loss & Detox. Menu. GREEN SMOOTHIE BASICS. How To Make The Perfect Green Smoothie; The Best Beginner Recipe; I lost 20 pounds.

Domain: [www.incrediblesmoothies.com](http://www.incrediblesmoothies.com) File: /green-smoothies/30-day-challenge/

### **Are your food allergies making you fat? - dr. mark**

And I have also seen people lose 20 to 30 pounds, and I have lost 12 pounds in 2 months. corn, lemons, sugar, I was 20 kg over weight with allergies and  
Domain: drhyman.com File: /blog/2010/04/20/are-your-food-allergies-making-you-fat/

### **Juicing for weight loss | juice recipes**

Juice Recipes for Weight Loss. Login Create Account. which aids in weight loss. If you're ready to lose weight the healthy way and need some 20% Kale. Bell

### **10 pounds in 10 days - everydiet**

10 Pounds in 10 Days is a It is designed to help you lose ten pounds fast and This helps to reduce carbohydrate cravings by keeping your blood sugar  
Domain: www.everydiet.org File: /diet/10-pounds-in-10-days

### **15 tools to lose weight drinking raw green**

15 Tools to Lose Weight Drinking Raw Green Smoothies 1. I want to lose about 20-30 pounds. it s been 2 months, how are you doing?  
Domain: www.lamberjules.com File: /my\_makeover/makeover-insights/raw-food-diet/green-smoothies-raw-food-diet/green-smoothie-weight-loss-15-tools-lose-weight-drinking-raw-green-smoothies/

### **5 foods that help shed pounds (when paired with a**

May 01, 2013 Not only am I losing weight, I lost 12 pounds in 2 weeks by foods as they are full of bad fats and lots of sugar. 11 months ago.  
Domain: www.forbes.com File: /sites/melaniehaiken/2013/05/02/5-top-foods-for-quick-weight-loss/

### **Why am i not losing weight despite drinking green**

Your Portal For Green Smoothie Weight Loss & Detox. Menu. If you want to lose weight, I created Incredible Smoothies after I lost 40 pounds and dropped my  
Domain: www.incrediblesmoothies.com File: /weight-loss/why-am-i-not-losing-weight-despite-drinking-green-smoothies-every-day/

### **30-day no sugar challenge - skinny ms**

Cleanse & Detox; Lose Belly Fat; I did a 30 day no sugar challenge a couple months ago and felt amazing! .He has lost 25 pounds and 13 inches, me  
Domain: skinnymms.com File: /no-sugar-challenge/

### **How i lost 15 pounds in four weeks, without**

At the time of that update I had just reached a loss of 20 pounds. At the same time I read JJ Smith's book on "Dieting How I Lost 15 Pounds in 6 Months  
Domain: tompoteet.hubpages.com File: /hub/How-I-Lost-15-Pounds-in-Four-Weeks

### **Fat loss factor by dr. charles livingston - learn**

Copyright 2013 Fat Loss Factor By Dr on week and have lost 20 lbs and have lost 5 inches on my beer are after some cheating in my detox  
Domain: www.fatlossfactor.com File: /new/index2.php

### **Amazon.com: amazon prime (one year membership)**

Amazon Prime (One Year Membership) and with 20 million eligible items, New York Times best sellers or lost classics. Borrow one book a month,  
Domain: www.amazon.com File: /Amazon-Prime-One-Year-Membership/dp/B00DBYBNEE

### **Diet and recipe testers wanted for my green**

1. 10-15 lbs 2. Yes, I am a sugar addict that eats he d like to lose 15-20 pounds over next 2.5 months. 2. How much weight you have to lose: 20-25 pounds 2)

Domain: [www.greenthickies.com](http://www.greenthickies.com) File: /diet-and-recipe-testers-wanted-for-7-day-diet/

### **Lose 100 pounds - peertrainer**

I'm a stress & emotional eater and I believe I'm addicted to sugar 20-25 lbs, which I have just lost (took two time in. Lost 60 lbs in 2 months

Domain: [www.peertrainer.com](http://www.peertrainer.com) File: /TeamDetails.aspx?GroupID=10238

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