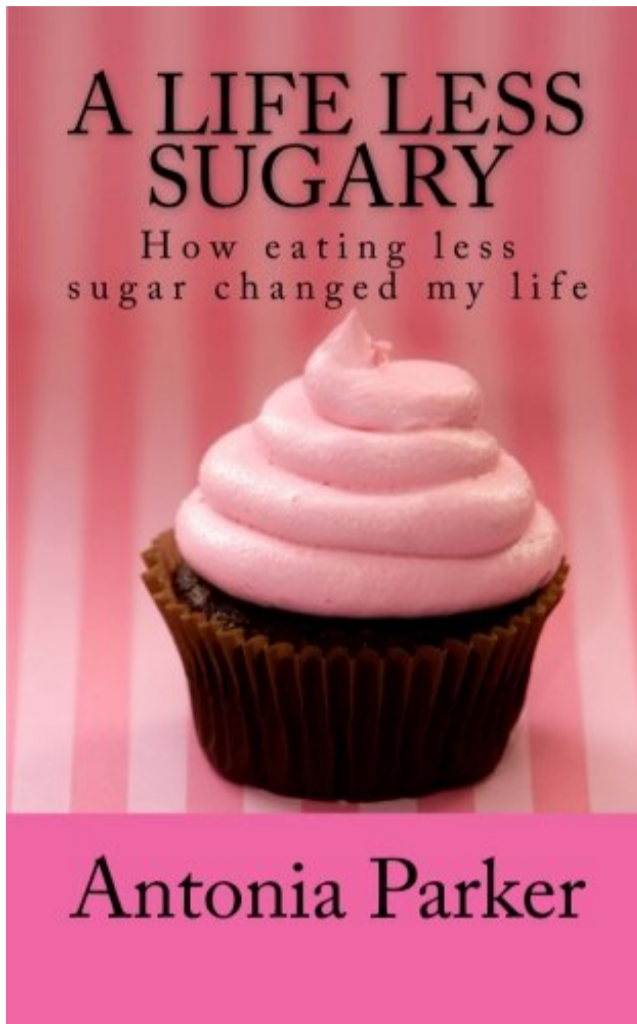


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‘My life is basically over’ – 14 days on a sugar-free diet ... ‘My life is basically over’ – 14 days on a ... I realise we all need to eat less sugar and ... alcohol; ready-made meals; bread; pasta; juice; sugary drinks ...