



The Sweet Miracle of Xylitol

Fran Gare

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In *The Sweet Miracle of Xylitol*, Dr. Fran Gare discusses the health benefits of using Xylitol rather than sugar and other sugar alternatives, such as aspartame and saccharin. She shares her firsthand experiences using Xylitol as a sweetener and even provides recipes for delicious Xylitol-sweetened treats. Also Included are guidelines for following the Sweet Miracle Diet. Xylitol makes it possible for you to enjoy the goodies without the guilt!

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