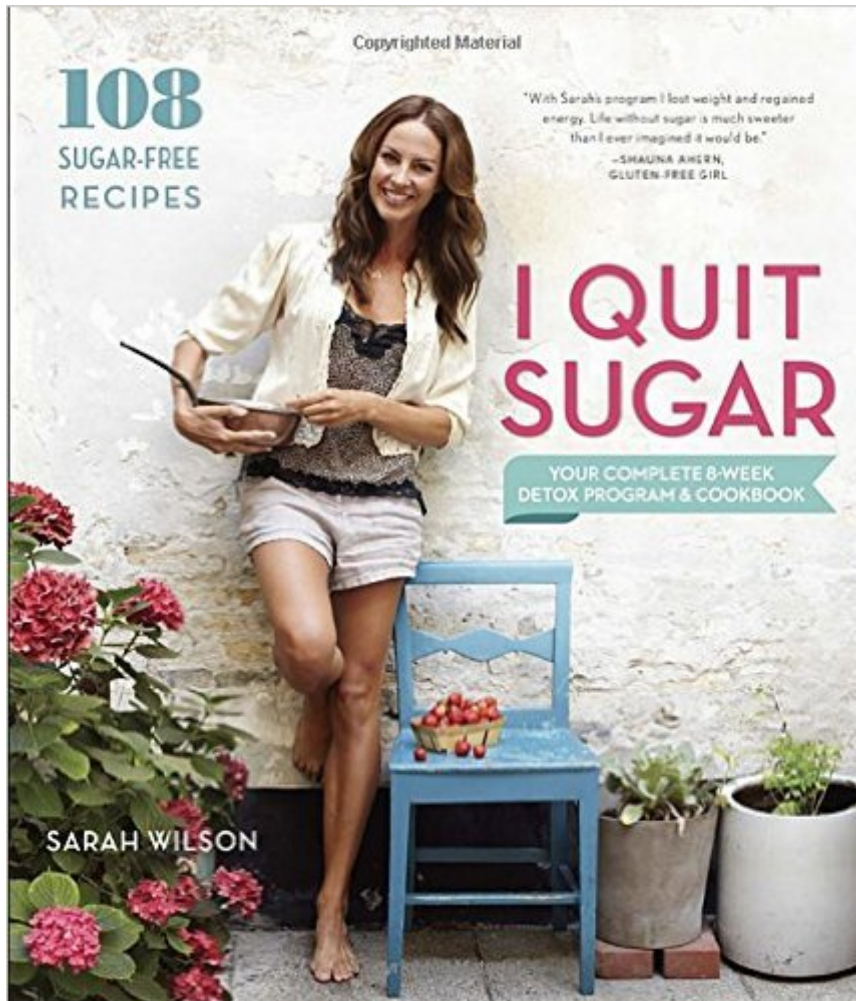


The book was found

I Quit Sugar: Your Complete 8-Week Detox Program And Cookbook



Synopsis

A New York Times bestseller, *I Quit Sugar* is week-by-week guide to quitting sugar to lose weight; boost energy; and improve your mood, and overall health, with 108 sugarfree recipes. Sarah Wilson thought of herself as a relatively healthy eater. She didn't realize how much sugar was hidden in her diet, or how much it was affecting her well-being. When she learned that her sugar consumption could be the source of a lifetime of mood swings, fluctuating weight, sleep problems, and thyroid disease, she knew she had to make a change. What started as an experiment to eliminate sugar--both the obvious and the hidden kinds--soon became a way of life, and now Sarah shows you how you can quit sugar too: * follow a flexible and very doable 8-week plan* overcome cravings* make food you're excited to eat with these 108 recipes for detox meals, savory snacks, and sweet treats from Sarah Wilson and contributors including Gwyneth Paltrow, Curtis Stone, Dr. Robert Lustig (The Fat Chance Cookbook), Sarma Melngailis (Raw Food/ Real World), Joe "the Juicer" Cross, and Angela Liddon (Oh She Glows) *I Quit Sugar* makes it easy to kick the habit for good, lose weight, and feel better than ever before. When you are nourished with delicious meals and treats, you won't miss the sugar for an instant. "When I quit sugar I found wellness and the kind of energy and sparkle I had as a kid. I don't believe in diets or in making eating miserable. This plan and the recipes are designed for lasting wellness." -- Sarah Wilson

Book Information

Paperback: 224 pages

Publisher: Clarkson Potter (April 8, 2014)

Language: English

ISBN-10: 0804186014

ISBN-13: 978-0804186018

Product Dimensions: 8.5 x 0.6 x 9.9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars See all reviews (244 customer reviews)

Best Sellers Rank: #12,393 in Books (See Top 100 in Books) #40 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #68 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #295 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

I really wanted to like this book. My doctor recently recommended I cut back on sugar for the

candida factor, and I'd heard the buzz about IQS and thought I'd give it a try. So I did, and I was really into the idea of a sugar detox -- but as I read more (the actual program portion of the book is VERY short, as it turns out) I grew increasingly frustrated and disappointed. But the truth is, this book is poorly organized and lacks rigor. I expected Wilson to cite a lot more research and deliver more statistics and actual information, but she didn't. The biggest problem, however, is that it really is not a "program." There's hardly any structure. The weekly breakdowns are just collections of sidebars and offer vague tips. She's also huge on butter, coconut oil, and other foods dense in saturated fat. I'm all for whole, full-fat foods, and I think saturated fat probably has gotten an unfairly bad rap, but the research doesn't quite exist to support the idea of eating plenty of it -- which is why you won't find any backup in the book. Aside from that, I have a lot of smaller (but actually still important) quibbles: Despite reading it multiple times, I still can't tell whether you have to give up stevia at any point. Or cinnamon. Furthermore, the recipe section includes a block of "detox" recipes, but it's not clear whether you're supposed to stick to those recipes exclusively during the "detox" weeks (which I think are weeks 3 through 5) or throughout the whole program. My problem with this book can be summed up by a single, glaring contradiction that I haven't been able to reconcile despite searching iquitsugar.com extensively and Googling for an answer.

DON'T BUY THIS BOOK, IT'S A WASTE OF YOUR TIME AND \$ Sarah Wilson is beautiful and it's tempting to look at her photo on the front cover and think: if I quit sugar like Sarah Wilson, I will look just like her. Perhaps, if you can actually finish the book. First of all, she is extremely unapproachable. She begins her story with these words: "I was a sugar addict. (Okay, so am I, we have something in common). I didn't look like one (Screeching halt. Okay, but, what if I do?) I didn't drink Coke (Okay, but how many women in the world drink Coke? Especially Diet Coke?) or put sugar in my coffee (well, Sarah, just to inform you, MILLIONS of women do put sugar in their coffee). I've never eaten a Krispy Kreme donut (are you trying to make me mad?) and ice cream bores me (should I toss this book to my pit-bull or simply burn it?) There was immediate distance between the author and the reader (not a smart move when you're writing a book). Since I'd paid hard cold cash for this book, I kept reading. It sounded like a re-hash of the Paleo Diet, so if you are already converted to this diet, you should digest this book quite nicely. I understood cutting out everything white & bready, along with the sugary cookies & cakes & doughnuts, etc. But when she started to demonize fruit, I put the book down and picked up my computer, hoping to dissuade anyone else from wasting money on such a frustrating purchase. To be clear, Sarah states, "fructose that's the enemy, not sugar, per se. So nature is the enemy, not man. She

goes on: "When I talk about quitting sugar, I'm talking about quitting fructose. And here's why it's bad!" She continues: "Fructose makes us sick."

[Download to continue reading...](#)

Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included Sugar Gliders: The New Owner's Guide to Sugar Glider Care (Sugar Glider, Sugar Glider Care, Sugar Glider Books, Sugar Glider Facts, Pet Sugar Glider Book 1) Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss, detox smoothie recipes, sugar detox, detox cleanse juice, detox ... - detox smoothie recipes Book 260) I Quit Sugar: Your Complete 8-Week Detox Program and Cookbook Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Quit Smoking: Stop Smoking Now Quickly And Easily- The Best All Natural And Modern Methods To Quit Smoking (Quit Smoking Now Quickly & Easily So You Can ... & Defeat Nicotine Addiction Once & For All) Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) DIABETES: The Worst 20 Foods For Diabetes To Eat And the Best 20 Diabetic Food List, Meals And Diabetes Menus To Lower Your Blood Sugar (HOT FREE BONUS ... Diet, smart blood sugar, sugar detox) Blood Sugar: Everything You Need to Know About How to Easily and Safely Manage Your Blood Sugar 2nd Edition (Sugar Addiction, Flat Belly, Diabetes Cure, ... Detox, Type 2 Diabetes, Body Cleansing) Diabetes: Type 2 Diabetes: 30 Natural Methods for Preventing & Reversing Diabetes. Your Guide to: Lower Blood Sugar. (Reversing Diabetes, Hyperglycemia, High Blood Sugar, Sugar Detox) Week-by-Week Homework for Building Reading Comprehension & Fluency: Grade 1 (Week-by-Week Homework For Building Reading Comprehension and Fluency) Diabetes: Diabetes Diet: The Top 100 Diabetic Foods to Eat for a Highly Effective Diabetes Diet and 15 Diabetic Recipes to Lower Blood Sugar: Diabetes ... Diet, smart blood sugar, sugar detox Book 4) The Prediabetes Detox: A Whole-Body Program to Balance Your Blood Sugar, Increase Energy, and Reduce Sugar Cravings 10 Day Green Smoothie Cleanse: Detox Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook (smoothies, green smoothie recipes,

... cookbooks, smoothies , sugar detox) Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, Tea ... Tea Cleanse Diet, Weight Loss, Detox) Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) Stop Smoking: Stop Smoking Fast: 15 Steps to Stop Smoking: A Proven Step-by-Step Guide to Naturally Quit Smoking Cigarettes for Life (Quit Smoking Method) Liver Detox Cleanse :The Natural Liver Detox Cleanse, A Proven 7 Day Program to Cleanse your Liver, Lose Weight and Reclaim your Health.

[Dmca](#)