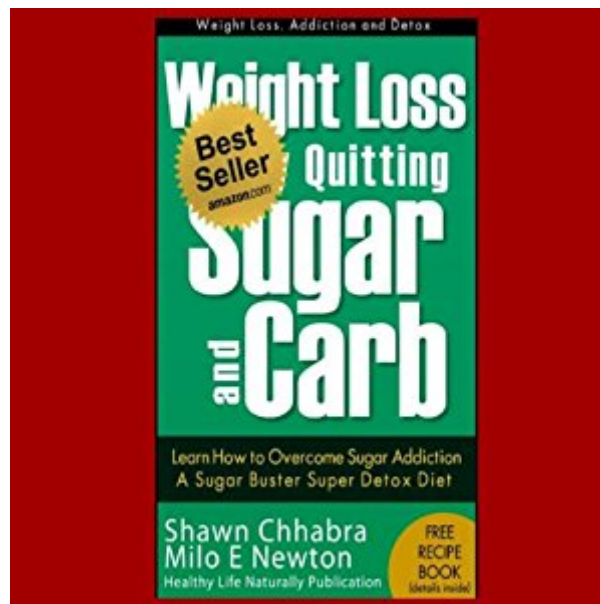


The book was found

# Weight Loss By Quitting Sugar And Carb - Learn How To Overcome Sugar Addiction - A Sugar Buster Super Detox Diet (Weight Loss, Addiction And Detox)



## Synopsis

Most people know that sugar is not a very healthy food, but few understand that it is similar to some of the most potent drugs. Sugar can affect brain function, disrupt healthy metabolic processes, and cause substantial weight gain over only a short period of time. Not only is it unhealthy, but it is almost unavoidable. Food growers and makers have been adding sugar to almost every imaginable food and beverage since the 1970s (including baby formula), and today it is a leading contributor to the obesity epidemic as well as many chronic diseases. In "Overcoming Your Sugar Addiction" you will learn all about sugar in the modern diet. Not only will you discover why sugar appears as widely as it does in the food supply, but you will learn the many reasons that you should cut it from your diet. Readers will learn about: Sugar addiction and how it is a real problem; Added sugar and how it is not needed in food or the human metabolism; How sugar behaves in the body; How the body can work better without any added sugars; The best foods to choose in order to lose weight and avoid disease; Simple carbohydrates, hidden sugars, and artificial sweeteners are all unhealthy and should also be cut from the diet; Doing a true 21 Day Detox Diet; What to expect when cutting sugar from your lifestyle; Conquering the biggest challengers to sugar detox and elimination; and The various conspiracy theories and widespread efforts to keep sugar on our plates, in our drinks, and flooding our bodies. When finished reading this book you will not only be happy to eliminate sugar from your daily diet, but will also know exactly what steps to take to ensure success. If you are ready to end your addiction to sugar, improve your health, and optimize your body's fat burning capabilities, this is the perfect guide. In Conclusion... Addiction to sugar is real. Whether you use a formal sugar detox as described in this book, or you just gradually eliminate all sources of sugar and simple carbs from your diet, you will benefit greatly from the choice and the effort. Sugar is a drug that acts just like all of the world's other drugs. It creates a rush of pleasure chemicals in the brain and it allows us to become tolerant to it. This creates the need for ever more of the drug to get the same response. When you cut this drug from your diet, you experience classic signs of withdrawal that range from emotional outbursts and depression to physical symptoms like headache and digestive upset. Be prepared for this, and be ready to combat the worst of the challenges because you are only doing yourself a lot of good by cutting out sugar from your life. You will want to find others who are experiencing the same issues that you are, and who have decided to stand against the pervasive poisoning of the general public through the "pushing" of sugar. People are not meant to be trained pets who eat only what is supplied to them, and your decision to cut your sugar addiction proves that you understand the importance of making good choices. Your health is in your hands, and just removing sugar is going to improve it dramatically. We wish you the best of luck in

your journey to freedom from sugar addiction. You will have many interesting experiences along the way, but the one you will enjoy the most is waking for the first time knowing that your body is free of something that may have been clouding your mind, altering your perception, and impacting the quality of your life. Once you are free of sugar and simple carbs, you won't want to go back to eating them. Instead, you will taste flavors as you never have before and discover what it means to be truly healthy.

## **Book Information**

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## **Customer Reviews**

Weight Loss by Quitting Sugar and Carb is a very eye-opening book. It will reveal many things to you that you may have known, but really did not know the impact and how embedded it is in our culture. It is good that there is a resource like this one out there that can give us a straightforward account of the harms we are imposing on ourselves. Weight Loss by Quitting Sugar and Carb also gives you rock-solid advice and leads on where to go and what to do once you've been enlightened. When I tried these things for myself I definitely experienced the mood swings and the digestive reactions to the changes in my diet. I am absolutely confident that these things are better for my long-term health. We have to start being serious about these realities because we are really in danger. I don't want to live with any regrets, so I'm glad I found this book to really steer me in the right direction!

Being a sugar addict myself, I had to get this book. Especially at the cheap price. After reading

through it, I must admit that this is the best guide I've ever read on the topic of weight loss. If you're addicted to sugar, that's probably a major cause of your weight loss. You want to address the problem directly & solve it, and that's exactly what this book does. Not only does it show you how to overcome your cravings and lose weight, it also explains why your body craves sugar, what happens when you eat it, how much is too much, the foods that you must avoid at all costs, etc. This is a great treat on the topic of weight loss, especially if you have constant sugar cravings. I definitely recommend this book.

I was given a draft (free) copy of the book to review and here are some of my findings: This book writes to the average person without going too much into scientific and medical details. The author went into details about sugar (including hidden sugars) and talks about carbs (carbohydrates). Suggests things like eating better proteins and fibers (healthier foods) as well as needing to get rid of unneeded sugars and carbs. I liked the overall approach, especially the 21 Day Detox Diet program. Hope this review helps the customers.

This is a book that I, as a lifelong sugar addict, am very happy to have! I once ate eighteen cupcakes in two days and up until a year or two ago, I could get away with it without any noticeable consequences. Now that I'm working in a job that is mostly sedentary, I notice that when I over-indulge in sweet treats (as opposed to high fat or high carb foods), the weight creeps in, first in my stomach, then in my bottom and thighs. This book is important to me because it gives me a real reason to try to stay away from sugar. Not just "it's bad for you," but "here's what it does to your body, specifically." It doesn't stop there, though, thank God. It also gives advice on how to avoid sugar (no easy task when you work in an office where there is a candy bowl perpetually filled with chocolate just steps from your desk and baked goods at least once a week) and even includes a 21-day detox plan. I plan to start the detox after the holiday and I'm thinking that it will be a great jolt to my system to finally break my addiction to sugar. Another interesting point about this book--it emphasizes that sugar isn't just what we think it is--the sweet white substance we put in our coffee and use to make cookies. It's also simple carbs, like white bread, pasta, etc. Sigh. This doesn't make me happy, but it's good information to have. Again, the author shows us how to avoid simple carbs without really missing them. I can't wait to see the results of my detox!

I had no idea how much sugar I have been putting into my body. And how even canned vegetables (i.e. tomatoes) have sugar in them. I knew I was addicted to sugar but this book has helped me cut

my intake a huge amount even without fasting. And interestingly, cutting way back on sugar really does curb your desire for sugar.

A very well written book, easy to read and to understand. I read it in the space of one evening, and I will certainly follow through with everything that was suggested to help cut out sugar and all other fake sugars.

I knew I needed to kick sugar... but after this book, I actually feel like I can do it! This book is very well written, it is easy to understand, and you feel like the author is not talking "down" to you, like in so many lifestyle books. It offers real solutions and tips to help you stop consuming so much sugar, and the important thing, for me, at least, was that it tells me why I need to quit consuming so much sugar. I really had no idea how many seemingly innocuous things that sugar hides in. Without this book, I would have never known. I like the idea of detoxing, and it makes sense the way it is put forth in this book. I'm excited about trying it, and I hope I can stick with it!

The book was good and convinced me that I need to remove unnecessary sugar from my diet. However, it stopped there. As I read along, I read that I should avoid this and stop eating that, but I did not know I should be taking detailed notes. I was expecting the end of the book to summarize what to avoid and provide a big list of what you can eat. It did not. There were no lists of good and bad foods and there was not a suggested diet plan. Now I must read it again and take notes. And I know even those notes will be lacking. I specifically remember only one suggestion for breakfast. What if I want to vary my breakfast away from that one suggestion? I would have liked a summary and diet suggestions for meals morning, noon and night. Oh and it suggested specific snacks between meals. I want a list of what those snacks can be too.

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