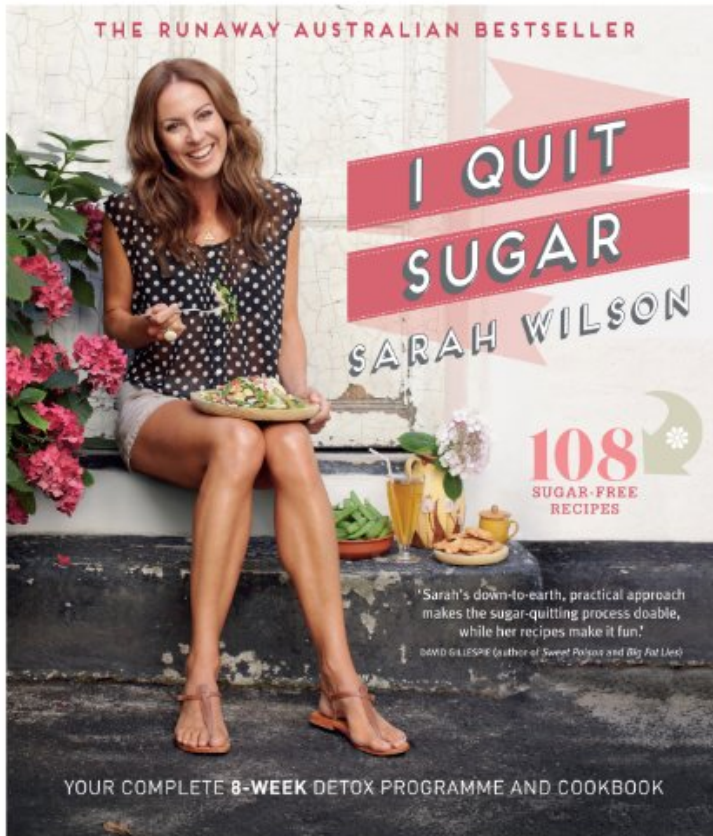


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I Quit Sugar: Your Complete 8-Week Detox Program and Cookbook



Par Sarah Wilson

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Description :

Prsentation de l'diteur'I lost weight and my skin changed, it cleared. But when I quit the white stuff, I also started to heal. 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 was a self-confessed sugar addict, eating the equivalent of twenty-five teaspoons of sugar every day, before making the link between her sugar consumption and a lifetime of mood disorders, fluctuating weight issues, sleep problems and thyroid disease. She knew she had to make a change.What started as an experiment soon became a way of life, then a campaign to alert others to the health dangers of sugar.I Quit Sugar uses Sarah's personal experience to help you:* beat the sugar habit with a tested eight week plan* overcome cravings via proven and easy tricks* find healthy sugar substitutes* cook sugar-free: over a hundred desserts, cakes, chocolate, kids' treats, snacks and easy detox meals'Sarah's down-to-earth, practical approach makes the sugar-quitting process doable, while her recipes make it fun' David Gillespie, author of Sweet PoisonRevue de presse"With Sarah's program I lost weight and regained energy. Life without sugar is much sweeter than I ever imagined it would be." -- Shauna Ahern, Gluten-Free Girl"Excellent book! Ms. Wilson offers a lively,

well-researched and engaging way for us all to curb the sugar habit and in so doing, offering another potential key for living longer." --Dan Buettner, New York Times best-selling author "The I Quit Sugar philosophy is a big part of addressing modern diseases and weight-related complications affecting us all today. I've found Sarah's IQS project to have been an invaluable resource for individuals in Australia and now around the world to start taking control of their health." --Gary Fettke, orthopaedic surgeon, university lecturer and author "Sarah Wilson breaks things down in easy to assimilate, bite-sized pieces and leaves you with the feeling she is right there holding your hand, as someone who has been there and understands. Sarah herself is a walking advertisement for her own accomplishments and quitting sugar, with Sarah Wilson's help, is the best first step toward total physical and mental health anyone can take." -- Nora Gedgaudas, CNS, CNT, author of PrimalBody, Primal Mind: Beyond the Paleo Diet for Total Health and a Longer Life. "I Quit Sugar deserves to have become an international best-seller and phenomenon. Everywhere I go with The Coolhunter, everyone is talking about how they're 'quitting sugar with Sarah Wilson'." -- Bill Tikos, thecoolhunter.net Presentation de l'auteur "I lost weight and my skin changed, it cleared. But when I quit the white stuff, I also started to heal. 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 was a self-confessed sugar addict, eating the equivalent of twenty-five teaspoons of sugar every day, before making the link between her sugar consumption and a lifetime of mood disorders, fluctuating weight issues, sleep problems and thyroid disease. She knew she had to make a change. What started as an experiment soon became a way of life, then a campaign to alert others to the health dangers of sugar. I Quit Sugar uses Sarah's personal experience to help you: * beat the sugar habit with a tested eight week plan * overcome cravings via proven and easy tricks * find healthy sugar substitutes * cook sugar-free: over a hundred desserts, cakes, chocolate, kids' treats, snacks and easy detox meals Sarah's down-to-earth, practical approach makes the sugar-quitting process doable, while her recipes make it fun! David Gillespie, author of Sweet Poison