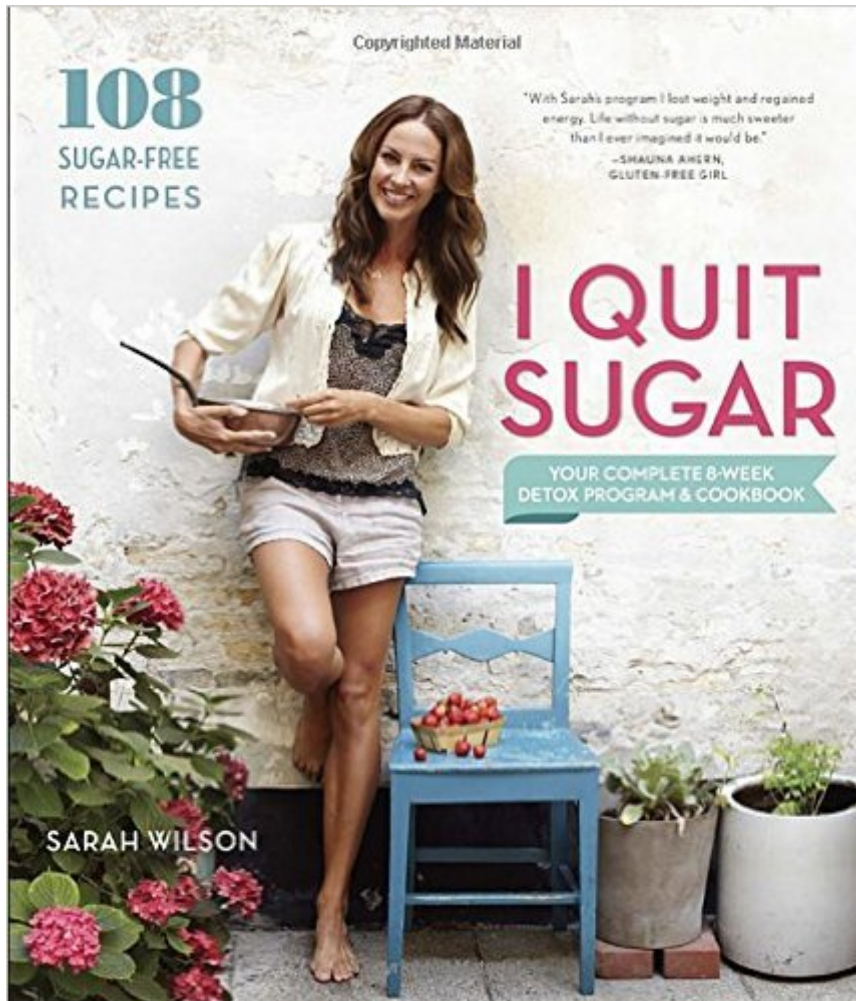


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# I Quit Sugar: Your Complete 8-Week Detox Program And Cookbook



## 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

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## 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](http://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 & bread, 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."

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