

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

By Sarah Wilson

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

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.

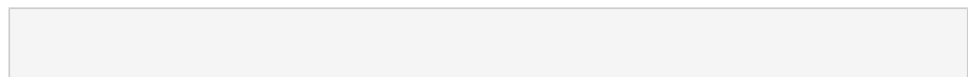
Sarah Wilson thought of herself as a relatively healthy eater. She didn't realize how much sugar was hidden in her diet, or how much it was affecting her well-being. When she learned that her sugar consumption could be the source of a lifetime of mood swings, fluctuating weight, sleep problems, and thyroid 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



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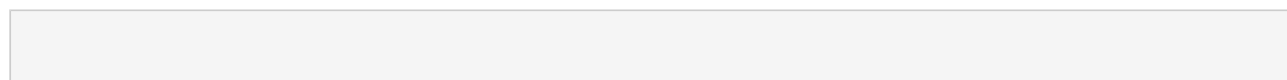
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Download the recipe for Bacon and Egg "Cupcakes"



Download the recipe for Coco-Nutty Granola



Download the recipe for My Raspberry Ripple

Review

"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 Primal Body, 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

About the Author

SARAH WILSON is a journalist, television host, and blogger, and a qualified Health Coach with the Institute of Integrative Nutrition in New York. She lives in Sydney, Australia.

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Katie Doll:

What do you consider book? It is just for students as they are still students or the idea for all people in the world, exactly what the best subject for that? Simply you can be answered for that problem above. Every person has several personality and hobby for each other. Don't to be pushed someone or something that they don't need do that. You must know how great and also important the book I Quit Sugar: Your Complete 8-Week Detox Program and Cookbook. All type of book can you see on many resources. You can look for the internet resources or other social media.

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