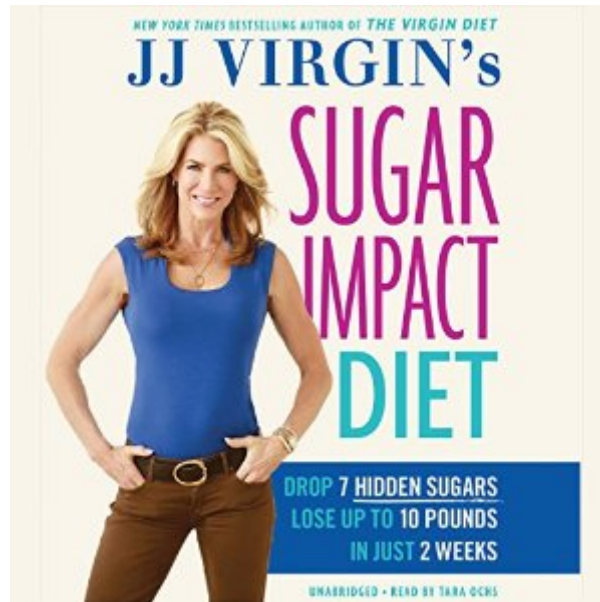


The book was found

# JJ Virgin's Sugar Impact Diet: Drop 7 Hidden Sugars, Lose Up To 10 Pounds In Just 2 Weeks



## Synopsis

Most people know sugar is bad for them, but few people know the sugar impact of seven common foods - grains, roots, fruit, low-fat and no-fat diet and dairy foods, sugary sauces and condiments, alcohol and sugary drinks, and natural and artificial sweeteners - can be the real cause of inflammation, bloating, metabolic disorders, fatigue, and weight gain. JJ Virgin's Sugar Impact Diet will revolutionize how listeners think about (and eat) sugar. This two-week, low-sugar diet helps retrain taste buds, restore sugar sensitivity, heal the digestive tract, rev up metabolism, and promote rapid weight loss. It also helps reverse premature aging, while heading off most chronic and inflammatory illnesses where they start.

## Book Information

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## Customer Reviews

My husband and I began following the Sugar Impact Diet on Nov 17. We have each lost 20 lbs and at least 4 inches from our waists. I was a sugar addict-sipping on sweet tea through the day and treating myself to a sweet treat each night after putting the kids to bed. I kept gaining weight, was fatigued and had terrible joint pain. I had tried cutting sugar cold turkey and that was a miserable failure each time with headaches and grouchiness. What have I liked about the Sugar Impact Diet? How has it worked for us? 1. The gradual reduction of sugar from the diet over several weeks. I did not have the headaches and general yuck feeling of cutting sugar out cold turkey. 2. Having a protein shake for breakfast with in 1 hour of waking up. This has been easy for us-and very yummy! I was never a breakfast eater, but I look forward to my shake every morning and have gotten adventurous-trying spinach and avocado in them. This is a habit I plan to keep for the rest of my

life.<sup>3</sup> I like how the book is written. When I read it, I feel like JJ is talking-not like a text book. I've seen other reviewers complain that the book repeats the same things over and over. I did not feel like that was the case-sometimes it is worth hearing those things over so you'll remember them.<sup>4</sup> I've found several of the recipes that I have made every week (Chicken noodle soup, Chili, Lentils alla Rustica) and love. Some of them are intimidating to me, but I've been able to try some new ingredients that will continue to be staples at my house. The most important thing the Sugar Impact Diet taught me was that much of the "healthy eating" education taught to me growing up in the "low-fat" diet age is actually making us fat by replacing fat with sugar and wrecking our health.

More reviews (and no fluff) on the blog [...]/JJ Virgin's Sugar Impact Diet is an ideal "catch all" diet and health book. Most of the current knowledge we have about dieting and health is in here in brief form - leaky gut, hormones, low fat/low carb debunking, etc. The tone is friendly, the plan very easy to follow, and the recipes aren't too exotic or take heavy preparation. The best aspect of the book is that it doesn't feel like another narrow focus fad. Despite the implication of the name "sugar impact" seeming to be about just removing sugar, the information provided within is very comprehensive. Contents: The book is broken down into three parts: Sugar Impact: The hidden cause of weight gain; Seven foods to swap; 2 weeks to fast and lasting fat loss. Chapters are: Introduction; break free from the sugar trap; track your impact; The sugar impact plate; Be gone grains, roots, and fruit; Ditch the low-fat and no-fat dairy and diet foods; So long, sweet drinks and dressings; See ya, sweeteners and added sugar; Cycle 1: taper; Cycle 2: transition; Cycle 3: transformed; Low sugar impact recipes; The final frontiers; eating out and working out; Conclusion, sweet freedom; References, Index. Most of the book is about information you can use to understand the choices being made when eating. The angle of the book is about sugars in places you'd never expect them: ketchup, low fat salad dressings, organic fruit juices, etc. Virgin educates readers about the latest debunking of a lot of food myths (low fat isn't a good diet, why artificial sweeteners can be worse than sugary drinks, the need for protein, sugar bombing the system through certain types of sugars, etc.) while at the same time cleanly explaining why weight loss efforts may be failing many.

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