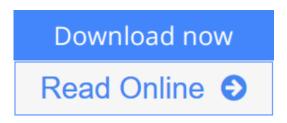


# The Sugar Smart Diet: Stop Cravings and Lose Weight While Still Enjoying the Sweets You Love!

By Anne Alexander, Julia VanTine



The Sugar Smart Diet: Stop Cravings and Lose Weight While Still Enjoying the Sweets You Love! By Anne Alexander, Julia VanTine

Sugar is the most controversial subject in the American diet debates today--alternately viewed as public health enemy No. 1 and an innocent indulgence. A *New York Times* bestseller in hardcover, *The Sugar Smart Diet* reveals the suite of hidden sugars in food that have skyrocketed the nation's annual sugar intake to more than 130 pounds per person (sugar is not hiding where most people think), identifies which popular sugar increases the body's ability to store fat, and explains how excess sugar leads to diabetes, heart disease, and more.

The Sugar Smart Diet's 32-day plan uniquely addresses the emotional and physiological effects of sugar, empowering readers to take charge of sugar, rather than letting sugar take charge of them.

"Once rare in the human diet, sugar is now ubiquitous and often hidden in unexpected places. Simply becoming aware of sugar can help you cut your intake, which is one of the smartest moves you can make to achieve optimal wellness. This informative guide tells you how to do that."

--Dr. Andrew Weil



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#### **Editorial Review**

#### Review

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""The Sugar Smart Diet" is the answer to the health and weight problems of the world. I highly recommend it!"--Christiane Northrup, M.D., ob/gyn physician and author of the "New York Times" bestsellers "Women's Bodies, Women's Wisdom", and "The Wisdom of Menopause

#### About the Author

Anne Alexander is the editorial director of *Prevention*, the leading healthy lifestyle brand in the United States with a total readership of 8.7 million in print and more than 6 million online. Author of the bestselling book *Win the Fat War*, she lives with her husband and three children in Emmaus, PA.

Julia VanTine writes about health from her home in Reading, PA.

#### **Users Review**

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#### John Warner:

Do you one among people who can't read pleasurable if the sentence chained from the straightway, hold on guys this particular aren't like that. This The Sugar Smart Diet: Stop Cravings and Lose Weight While Still Enjoying the Sweets You Love! book is readable by you who hate the perfect word style. You will find the details here are arrange for enjoyable examining experience without leaving possibly decrease the knowledge that want to offer to you. The writer regarding The Sugar Smart Diet: Stop Cravings and Lose Weight While Still Enjoying the Sweets You Love! content conveys the thought easily to understand by most people. The printed and e-book are not different in the content but it just different in the form of it. So, do you nevertheless thinking The Sugar Smart Diet: Stop Cravings and Lose Weight While Still Enjoying the Sweets You Love! is not loveable to be your top collection reading book?

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#### **David Manning:**

Often the book The Sugar Smart Diet: Stop Cravings and Lose Weight While Still Enjoying the Sweets You Love! has a lot of knowledge on it. So when you check out this book you can get a lot of profit. The book was compiled by the very famous author. The writer makes some research before write this book. This book very easy to read you will get the point easily after looking over this book.

#### Jennifer Pittman:

This The Sugar Smart Diet: Stop Cravings and Lose Weight While Still Enjoying the Sweets You Love! is new way for you who has intense curiosity to look for some information as it relief your hunger associated with. Getting deeper you in it getting knowledge more you know or else you who still having little bit of digest in reading this The Sugar Smart Diet: Stop Cravings and Lose Weight While Still Enjoying the Sweets You Love! can be the light food for you because the information inside this particular book is easy to get by means of anyone. These books produce itself in the form which is reachable by anyone, yeah I mean in the e-book contact form. People who think that in guide form make them feel drowsy even dizzy this guide is the answer. So there isn't any in reading a publication especially this one. You can find actually looking for. It should be here for a person. So , don't miss the item! Just read this e-book type for your better life along with knowledge.

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