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

By Anne Alexander, Julia VanTine



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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

From reader reviews:

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Do you considered one of people who can't read satisfying if the sentence chained from the straightway, hold on guys this aren't like that. This The Sugar Smart Diet: Stop Cravings and Lose Weight While Still Enjoying the Sweets You Love! book is readable through you who hate the straight word style. You will find the details here are arrange for enjoyable reading experience without leaving possibly decrease the knowledge that want to supply to you. The writer regarding The Sugar Smart Diet: Stop Cravings and Lose Weight While Still Enjoying the Sweets You Love! content conveys thinking easily to understand by lots of people. The printed and e-book are not different in the information but it just different by means 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 list reading book?

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