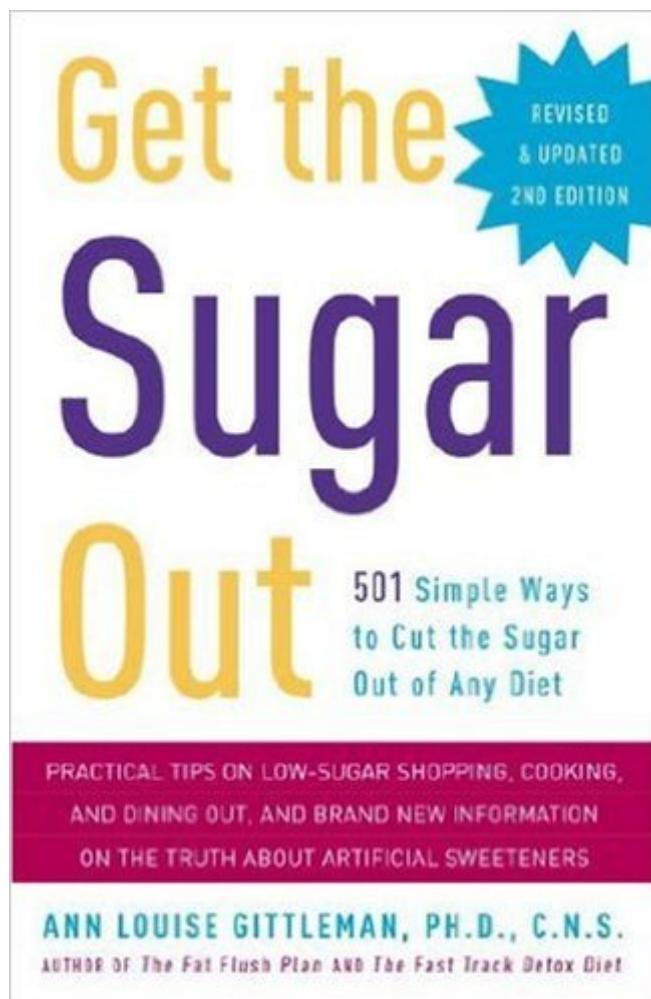


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# Get The Sugar Out, Revised And Updated 2nd Edition: 501 Simple Ways To Cut The Sugar Out Of Any Diet



## Synopsis

In this new edition of the bestselling Get the Sugar Out, nationally renowned nutritionist and well-known author Ann Louise Gittleman explains that sugar not only contributes to weight gain but also to mood swings, weakened immunity, diabetes, some cancers, and cardiovascular disease. Here she offers 501 simple, resourceful, and practical tips for cutting sugar from your diet, giving you the knowledge and inspiration you need to live a healthier life. A few of Gittleman's basic ways to cut sugar include:

- Eat more meals at home, so you can oversee the ingredients and avoid hidden sugars
- If you have a sweet tooth, try tricking it by chewing on a cinnamon stick
- Be a food detective; don't trust "sugar free" or "fat free" labels
- Cut down on salt not only to be healthier but because it helps cut out sugar cravings
- Don't exchange sugar for artificial sweeteners; as you'll find out here, many are harmful

With type II diabetes at an all-time high, cutting sugar from your diet is imperative. Get the Sugar Out is your solution for treatment and prevention: a unique, practical guide to a healthy and happy low-sugar lifestyle.

## Book Information

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## Customer Reviews

I have tried to lose weight for YEARS! I have done it all, low carb, more protein, blah blah blah and on and on. I jogged, I did aerobics, I swam, and on and on and would lose 1 pound and that was it. UNTIL I READ THIS BOOK! I first read this book about 1 month ago and have lost over 5 pounds. I have not changed my exercise routine or anything, the only thing I have changed is getting the sugar out. There are so many hidden sugars in food that KEEP US FAT! When you become a

label detective, like she tells you to do, you will see just how much extra sugar you consume each day. I eliminated this hidden sugar in food and the pounds are falling off! I feel like I have turned the clock back 20 years using this book. I am so tired of being fat and feeling miserable, there is NO WAY I would ever go back to eating hidden sugars again. If you want to lose weight, this is the way to do it.

In a search to discover what my health ailments are, I have read several books on sugar, including "Sugar Shock!", "Lick the Sugar Habit", "The Yeast Connection" and "Get the Sugar Out". Although all the books were very helpful, this one was my favorite because it offered simple and practical solutions that were stated in very clear terms. I continually use this book as a reference guide and love the recipes that are located inside. This book is definitely worth your time and money - you'll use it for years to come.

Ann Louise Gittleman is a pioneer, and had the right idea on a lot of things way before they became popular. This is one of my favorite Ann Louise books, and i've used these concepts in my own writing and teaching for years. This is a terrific little guide to how to begin to get rid of the most damaging substance in your diet- sugar. No kidding. Should be "required" reading for anyone concerned with their health. Jonny Bowden, PhD, CNS author "The 150 Healthiest foods on Earth"

Ms. Gittleman is spot on with this book. I'm hypoglycemic and her advice helped me. She's right about the dangers that sugar can lead too. I'm eating healthier, exercising more and I don't have the sugar cravings I once had. If you ever want informative nutritional advice that's easy to read, she's the one to follow! I've also become a more educated shopper by following her helpful advice on reading food labels. I'll be reading her other health books too.

This book is easy to read and also has easy steps to follow to reduce your dependency on sugar. If you need to cut your sugar or eliminate it completely, this book is a good place to start. You can use 1 tip at a time or jump in completely and use all the tips.

"Get the Sugar Out" is now in my kitchen and is there to stay! I have used it countless times when reading labels (don't miss all of the various disguises of sugar), and the index in the back is great to find previously-read information quickly. Full of easy and practical ways to drastically reduce the sugar in one's diet, this book is making what I thought would be a Herculean effort much easier. I

already feel better than I have in quite some time, and didn't even realize that I was so addicted to sugar in its various forms. I called my sister and told her the same thing I'm telling you....order this book and read it cover to cover. At the very least, you'll be much more aware of the amount of sugar (and where it is coming from) that you are putting into your body. At best, it will change your life! I only wish I'd read this when my kids were younger, when I could have used agave instead of Aunt Jemima syrup and they wouldn't have known the difference ;o).

Hats off to Dr. Gittleman! Thanks to her Fat Flush Plan (FFP), I have enjoyed a higher and healthier quality of life. I cannot thank her enough. This little Godsend of a book does indeed list 501 ways to eliminate at best, avoid and reduce at worst sugar. Shopping tips are included along with family participation in dodging the sugar bullet. Dr. Gittleman writes a power-packed book full of ideas on how to prepare and eat a healthy regimen and how to be "label/shopper savvy" when checking ingredients on packaged foods. She also provides the Glycemic Index (GI) for foods ranging from low to high. You know going in to try and avoid the ones with a high GI count. Dr. Gittleman has helped many turn their lives around with good health and a mental realignment, that is getting one's mind in tune with the healthy changed lifestyle they adopt. I cannot thank her enough and I owe my reclaimed and better health to following the advice in her books and others that share her platform, such as The New Sugar Busters!(r) Shopper's Guide and the "Sugar Busters" series.

I know sugar and gluten are poison to our system but it is hard to keep on a sugar free diet especially when our world seems to be full of it. Try to walk into a grocery store and find something to eat that doesn't have sugar. If you get this book out it quickly reminds you of how bad sugar is and helps you say no to the stuff. I have been on a sugar and gluten free diet for several months now and feel better than I have in years. The weight is starting to come off too so do yourself a favor if you want to start feeling better and read this book.

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