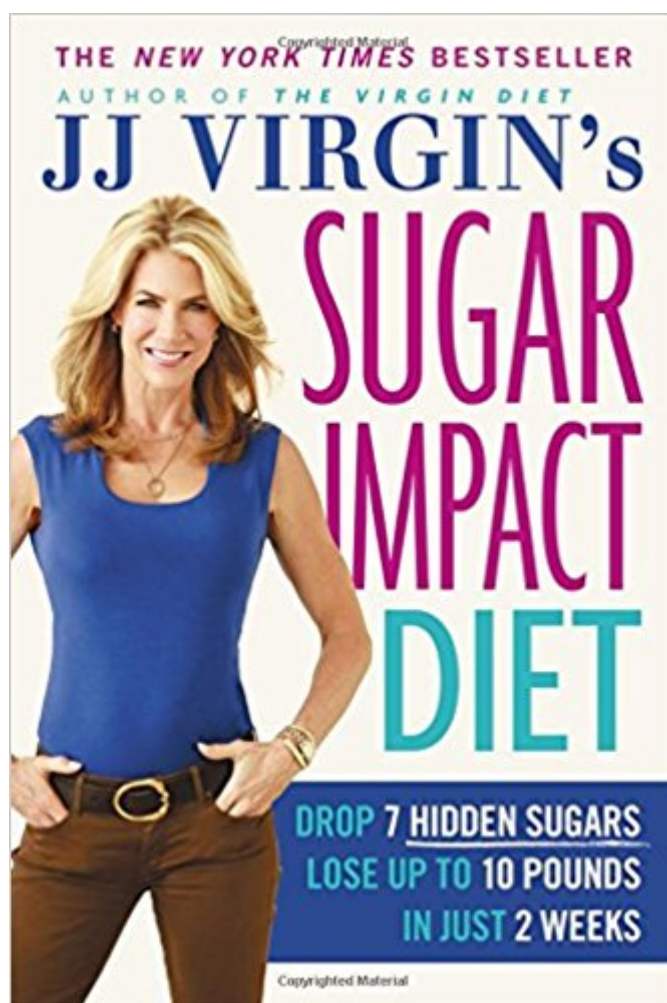


The book was found

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



Synopsis

THE NEW YORK TIMES BESTSELLER
Outsmart Sneaky Sugars to Lose Fat Fast! If you're eating healthy, but just can't seem to lose weight, you're not alone. Sugar is the single biggest needle mover when it comes to your health and the number on the scale, but sugar hides in places you'd never expect: whole foods, diet foods, packaged foods, dressings . . . even sugar substitutes. And it's not enough to cut out or cut back on sugar-you have to cut out the right kinds of sugar. In this groundbreaking book, New York Times bestselling author JJ Virgin explains the powerful concept of Sugar Impact: how different sugars react differently in the body. High Sugar Impact foods cause weight gain, energy crashes, and inflammation. Low Sugar Impact foods fuel your body for prolonged energy and promote fat burning. This eye-opening book pinpoints the most damaging sugars that we eat every day-without even realizing it-in common foods like skim milk, diet soda, whole-grain bread, and "healthy" sweeteners like agave. By swapping high Sugar Impact foods for low Sugar Impact foods you will shed fat fast-up to 10 pounds in 2 weeks!-and transform your body and your health for good. Best of all, you don't need to eliminate sugar completely or count calories. Prepare to: Lose the bloat Target belly fat Rev your metabolism Cut cravings Become a fat burner, not a sugar burner Lose fat fast-and forever!

Book Information

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Customer Reviews

"JJ Virgin's Sugar Impact Diet can help save your brain and your life. Numerous studies show that sugar can be addictive and pro-inflammatory and lead to a number of devastating illnesses. If you want a better brain, I highly recommend this book." •Daniel G. Amen, MD, New York Times

bestselling author of *Change Your Brain, Change Your Life* "Opens your eyes to how much sugar you're really eating, and provides an actionable plan to cut down on the sweet stuff and feel better fast." •Mark Hyman, MD, author of the #1 New York Times bestseller *The Blood Sugar Solution 10 Day Detox Diet*

JJ Virgin, CNS, CHFS is the New York Times bestselling author of *The Virgin Diet* and *The Virgin Diet Cookbook*. An internationally recognized expert in weight loss, Virgin has appeared on *The Doctors*, the *Rachael Ray Show* and *Today*, among many other programs, and blogs frequently for the *Huffington Post*, *Prevention* magazine, and *Livestrong.com*.

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. 3. 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. 4. 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. The Sugar Impact Diet has made it simple for us to make changes to eliminate hidden sugars from our lives and drop pounds. I can not recommend this diet highly enough! **Update (3/5/2015): Still going strong! I have lost 50 pounds and my husband has lost 30 pounds. We are just beginning to get into the exercise portion. I love that I can get my workout done in 15 minutes or less. This has been the easiest eating plan I have ever followed-you CAN do it! **

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.

Although the cover and blurb may feel like it is for those who need to lose the little weight left that is stubbornly refusing to go, in actuality there is a lot here for everyone, from vegetarians to the obese. She also devotes sections to those with special needs - gluten free, etc.

The recipes are few - enough for a 2-3 week diet. But there are resources for everything she lists in the recipes and none are too crazy or odd to make. Soups, better salad dressings, and especially how to replace super processed foods (from sugary vinaigrette dressings to mayonnaise). A lot of focus is on protein replacing sugar, including protein shakes in the morning.

This is one of the better diet books out there. She condenses a lot of the latest findings in diet and health research without the need to endlessly discuss this research or that. The tone is always encouraging, upbeat, and friendly. The book can be read through in under two hours and is an easy read.

Reviewed from an ARC.

I am all Primal... except as time went by I hit the sugar a little more and a little more (starting with dark chocolate). Soon I was back to craving sugar. Then I found myself eating all day when I tried to

give it up and gaining some weight. I felt out of control. I took the plunge and bought this book because I knew sugar was the culprit. I am halfway through the book but started keeping track of my sugar right away and kept it below 25g per day. I have been feeling a bit tired and sometimes woozy (as I transition back to being a fat burner instead of a sugar burner), but overall, I feel great. The biggest shock was that by keeping my carbs under 100g and my sugar under 25g, I am not hungry and feel a lot better. When I cut down earlier to lose some weight but didn't pay attention to sugar levels, I got really hungry and irritable. I guess keeping sugar low keeps hunger/cravings away because it is working for me. What is great is that I will have a tool for the rest of my life if I fall back into old habits and allow the weight to creep up again. I can imagine not doing that with how good I am feeling right now. The only problem I have had and it has frustrated me, is that the resources link with seemingly lots of resources, doesn't work for me. I sent my email in many times but never got a reply with the resources link. If it gets fixed, I will come back and update you so you will know how to fix it too.

Where is the actual diet plan? It just repeats over and over how I would feel if I could ever get to what I'm supposed to eat. Waste of money and time. I wish I could return it.

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