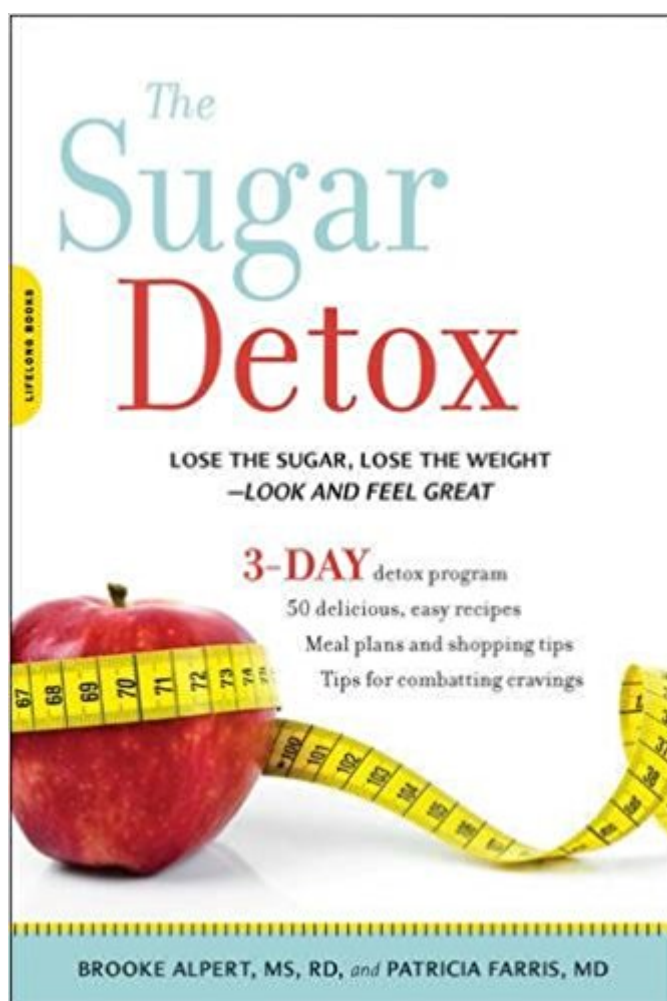


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# The Sugar Detox: Lose The Sugar, Lose The Weight--Look And Feel Great



## Synopsis

Lick your sugar habit for good From spoonfuls in our coffee to corn syrup in packaged foods and even natural sources like fruit, sugar is a huge part of our diet, and we're consuming more of it every year. This damaging habit not only makes us sick, overweight, and listless, it also ages us well beyond our years. Now, in *The Sugar Detox*, acclaimed nutritionist Brooke Alpert and skincare guru Patricia Farris have combined their expertise to offer an easy plan to slim your waistline, restore your energy, and rejuvenate your skin. *The Sugar Detox* will put you on the path to feeling—and looking—your absolute best, with:

- A proven three-day jumpstart plan to break your sugar addiction
- A four-week meal plan incorporating healthy sugars
- Shopping lists and satiating recipes
- Strategies for combating cravings and dining out
- Lists of key health-supporting superfoods
- Tips on surprising places where sugar lurks

"A great resource for anyone trying to cut down on their sugar consumption...offers great insight on the 'surprise' sugar content of many of our favorite foods."  
"Packs in fascinating research on the significant chemical impact of sugar on your skin, along with other systems of your body."

## Book Information

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## Customer Reviews

Publishers Weekly, 4/15/13 "Numerous accolades from the authors' patients and customers speak to the efficacy and life-changing aspects of the program."  
"Offers a practical advice on instigating a slow sugar wean."  
"Offers a great resource for anyone trying to cut down on their sugar consumption...offers great insight on the 'surprise' sugar content of many of our favorite foods."  
"Packs in fascinating research on the significant chemical impact of sugar on your skin, along with other systems of your body."  
"The authors offer smart-but-simple food recipes plus practical advice on instigating a slow sugar wean."

thorough, clearly explained and organized system to get your body off sugar and clear up your skin";The book motivates through to the end";The Sugar Detox is a simple but extensive, practical and persuasive plan towards better health and living. Highly recommended."New York Journal of Books, 6/11/13";Nutrition is often a controversial topic, and a vast number of dietary fads have come and gone. But The Sugar Detox diet described by nutritionist Brooke Alpert and dermatologist Patricia Farris promises to be successful. •Bookviews";This is a serious book that offers a one-month plan to wean readers of their sugar cravings. •King Features Syndicate";A sensible approach. •DaySpa, July 2013 •";A guidebook for people who are serious about breaking off this unhealthy dietary relationship. •New Orleans, July 2013";Make[s] the case for the health benefits that come from cutting back on sugar consumption. •Natural Health, September/October 2013";Offer[s] smart-but-simple recipes plus practical advice on how to wean yourself from some of your favorite sugar-filled foods. •The Cookbook Papers, 8/4/13";Surprising facts throughout";A recommended read for anyone who is dependent on sugar. •WomanAroundTown.com, 9/7/13";This book pulls no punches. •Portland Book Review, 11/1/13";A comprehensive book about how sugar affects our health and looks";Their recipes are easy to follow and use reasonable ingredients and preparation styles. This book would be a great resource for anyone trying to cut down on their sugar consumption and offers great insight on the "surprise"; sugar content of many of our favorite foods. •Entertainment Realm, 9/4/14";Easy-to-read and comprehend. •New Orleans Magazine, October 2014";Outlines a comprehensive, one-month plan to kick the sugar habit and improve your health and your complexion. •

Brooke Alpert, MS, RD, CDN, is the founder of B Nutritious, a private nutrition counseling practice in New York City. Brooke was named as one of the new up and coming stars in the beauty and health field by W magazine has been featured and quoted extensively in television, newspapers, online media and international magazines, including Glamour, Shape, and Town and Country. A former advisor for Nivea, she is a member of the American Dietetic Association. She lives with her family in New York. B-Nutritious.com Patricia Farris, MD, FAAD, is a clinical associate professor at Tulane University and recognized authority on anti-aging skin care. She has authored numerous scientific publications and given over 100 presentations on the science behind cosmeceuticals. Dr Farris is a sought after consultant for cosmetic companies and has worked with many including "Oreal, Revlon and Neutrogena. A go-to expert, she has been quoted extensively in newspaper and magazine articles including O, Allure, Prevention, Elle, and the New York Times. Her private

practice in the New Orleans area, Old Metairie Dermatology, specializes in non-invasive treatments for facial rejuvenation. [DrPattiFarris.com](http://DrPattiFarris.com)

I just finished the 31 day program and I've lost 10 lbs!!! My husband decided to try it after my great results. He has lost 12 lbs and he's only on week 2. Both of my parents are type 2 diabetic and are going to get approval from their doctors to start ASAP! The first three days are tough, but it gets easier. I plan on sticking with this lifestyle change to feel this healthy for as long as possible!!

I found this book to be really beneficial. Though I have no weight issues and never have, I love cakes and desserts and eat them daily. I sort of rely on them for the afternoon pick me up. This started after I gave birth to my second kid. And I've sort of become a slave to the sugar craving. In addition to that I was recently diagnosed with a Thyroid Nodule. Although I don't have a thyroid condition, it's a swell/cyst or inflammation on my thyroid. For the first time in my life I became interested in improving my health. But I never believed I had a problem; I eat well, no soda, no sugar in coffee, no alcohol, no candy... And I work out 2-3x a week with an active life style. But my skin looks dull to me and I'm obsessed with pastries and doughnuts and cupcakes and chocolate (need I say more?). Did I really have a problem? I read the book and after each chapter was really impressed with all the knowledge I was gaining on food and ingredients and their effects on the body. I'd wake up each morning ready to start the 3 day detox.... But couldn't make it past breakfast. Finally halfway through the book and after a previous day of classic sugar overdose at a birthday party I started the day 1 detox. Worst day of my life. By day 2 I was certain this was the stupidest decision of my life. But I followed the detox plan exactly. By day 3 I was craving anything yummy or sweet like crazy, I felt starved and deprived... But I made it through. I couldn't go back, I had come so far. I had to prove to myself I could do 3 days, just 3 days! And by the morning of day 4 (and after pooping a five gallon bucket worth of pooh) I had lost 4 lbs and felt amazing. I was a believer, not from the weight loss, but from the sheer amount of stuff coming out the back end (if you know what I mean) despite putting so little in. I never had a low energy point in the afternoons despite just eating veggies, protein and nuts. So I continues with week 1 (and was overly excited about the diet additions like apple and dairy). I'm now at the end of week 1 and still have the occasional sugar craving, but despite sugar being everywhere I refuse to put it in my body - that's an iron will that has now stood the test over a dozen times through out this week. I'm about to start week 2 and am impressed that I've come this far. I couldn't have ever done a diet without the incredible information in this book. It has transformed how I look at food, health and my body. I'm glad to have kicked the

habit and now have control and choice in the matter.

My boot camp class started this diet when we started out classes. With me being diabetic it has really shown me what I can eat without starving myself. Great references and recipes.

Thank you for writing step by step clear instructions for breaking away from sugar. WOW!

This diet helped me get off the sugar that is hidden in most foods. A good reminder for me to eat healthy and natural foods. Also I don't crave sweets and unsweetened foods appeal to me again.

This is the best book on how to get rid of sugar cravings, very informative, very easy and delicious recipes. You learn about food and what happens in your body when you eat it.. I did not have to loose weight, used it to stop my cravings for sugar cravings and how to eat healthy. I really recommend this book... LOVE IT !!!! Ann H

Excellent book.

Great book

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