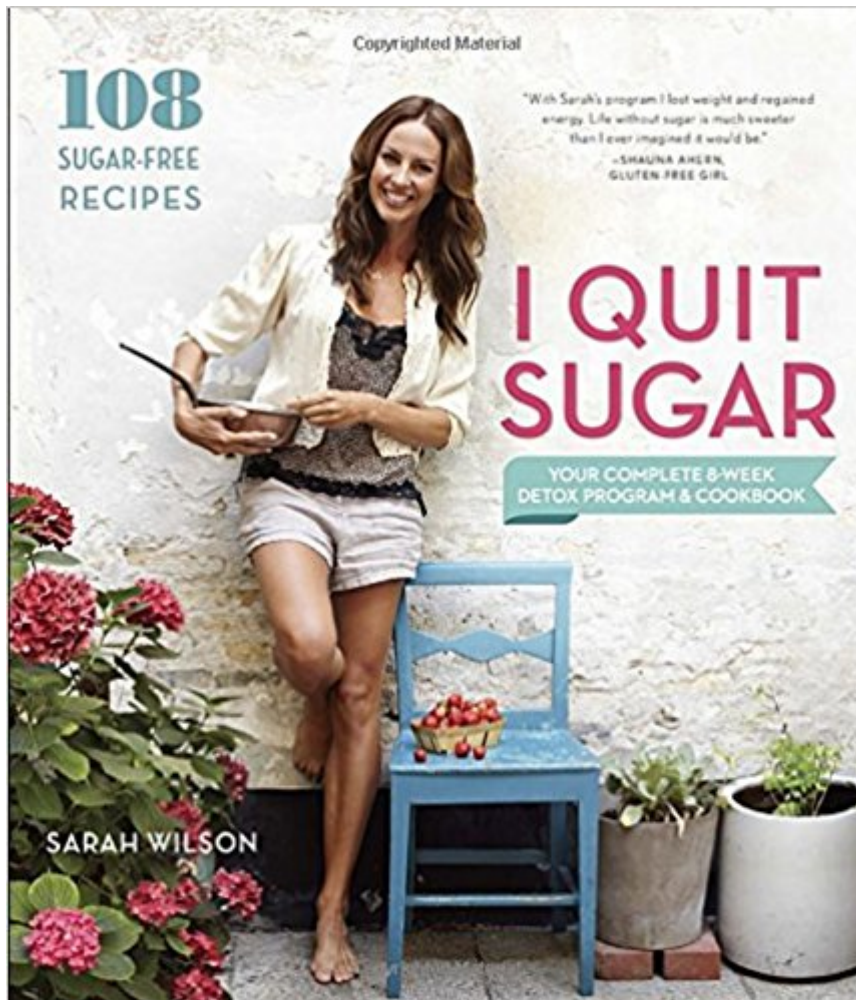




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# I Quit Sugar: Your Complete 8-Week Detox Program And Cookbook



## Synopsis

A New York Times bestseller, *I Quit Sugar* is week-by-week guide to quitting sugar to lose weight; boost energy; and improve your mood, and overall health, with 108 sugarfree recipes. Sarah Wilson thought of herself as a relatively healthy eater. She didn't realize how much sugar was hidden in her diet, or how much it was affecting her well-being. When she learned that her sugar consumption could be the source of a lifetime of mood swings, fluctuating weight, sleep problems, and thyroid disease, she knew she had to make a change. What started as an experiment to eliminate sugar--both the obvious and the hidden kinds--soon became a way of life, and now Sarah shows you how you can quit sugar too: \* follow a flexible and very doable 8-week plan \* overcome cravings \* make food you're excited to eat with these 108 recipes for detox meals, savory snacks, and sweet treats from Sarah Wilson and contributors including Gwyneth Paltrow, Curtis Stone, Dr. Robert Lustig (The Fat Chance Cookbook), Sarma Melngailis (Raw Food/ Real World), Joe "the Juicer" Cross, and Angela Liddon (Oh She Glows) *I Quit Sugar* makes it easy to kick the habit for good, lose weight, and feel better than ever before. When you are nourished with delicious meals and treats, you won't miss the sugar for an instant. "When I quit sugar I found wellness and the kind of energy and sparkle I had as a kid. I don't believe in diets or in making eating miserable. This plan and the recipes are designed for lasting wellness." -- Sarah Wilson

## Book Information

Paperback: 224 pages

Publisher: Clarkson Potter (April 8, 2014)

Language: English

ISBN-10: 0804186014

ISBN-13: 978-0804186018

Product Dimensions: 8.5 x 0.7 x 9.9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 268 customer reviews

Best Sellers Rank: #25,169 in Books (See Top 100 in Books) #50 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #112 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #423 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

Featured Recipes from *I Quit Sugar* Download the recipe for Bacon and Egg "Cupcakes"

[Download the recipe for Coco-Nutty Granola](#)   [Download the recipe for My Raspberry Ripple](#) Â

"With Sarah's program I lost weight and regained energy. Life without sugar is much sweeter than I ever imagined it would be." -- Shauna Ahern, *Gluten-Free Girl* Â "Excellent book! Ms. Wilson offers a lively, well-researched and engaging way for us all to curb the sugar habit and in so doing, offering another potential key for living longer." --Â Dan Buettner, New York Times best-selling author Â "The I Quit Sugar philosophy is a big part of addressing modern diseases and weight-related complications affecting us all today. I've found Sarah's IQS project to have been an invaluable resource for individuals in Australia and now around the world to start taking control of their health." --Â Gary Fettke, orthopaedic surgeon, university lecturer and author "SarahÂ Wilson breaks things down in easy to assimilate, bite-sized pieces andÂ leaves you with the feeling she is right there holding your hand, asÂ someone who has been there and understands. Sarah herself is a walkingÂ advertisement for her own accomplishments and quitting sugar, with SarahÂ Wilsonâ ™s help, is the best first step toward total physical and mentalÂ health anyone can take." -- Nora Gedgaudas, CNS, CNT, author of *PrimalÂ Body, Primal Mind: Beyond the Paleo Diet for Total Health and a LongerÂ Life*. Â "I Quit Sugar deserves to have become an international best-seller and phenomenon. Everywhere I go with *The Coolhunter*, everyone is talking about how they're 'quitting sugar with Sarah Wilson'." -- Bill Tikos, [thecoolhunter.net](#)

NO, just no, this book is not a good source for eliminating sugar from your diet. Here is why...If you want to quit sugar, then quit sugar. That means eliminating added sugar from you diet by not eating it any any of its processed forms; sugar, honey, agave, brown rice syrup. The last part of the book is full of sweet treat recipes made with brown rice syrup! Yuck!!! That's not quitting sugar, thats just replacing it dressed up as a "healthier" version of itself. If you want to quit eating sugar - stop eating desserts. Curb your sweet tooth with whole fruits or healthy smoothies. Also she cautions about eating certain fruits because they have too much of "bad sugar" in them. I do not suggest taking nutritional advise from anyone who claims that it is better to eat a sweet treat made with brown rice syrup or stevia over eating whole fruits that have tons of nutrients and fiber necessary for a balanced nutritious diet.

I really wanted to like this book. My doctor recently recommended I cut back on sugar for the candida factor, and I'd heard the buzz about IQS and thought I'd give it a try. So I did, and I was really into the idea of a sugar detox -- but as I read more (the actual program portion of the book is

VERY short, as it turns out) I grew increasingly frustrated and disappointed. But the truth is, this book is poorly organized and lacks rigor. I expected Wilson to cite a lot more research and deliver more statistics and actual information, but she didn't. The biggest problem, however, is that it really is not a "program." There's hardly any structure. The weekly breakdowns are just collections of sidebars and offer vague tips. She's also huge on butter, coconut oil, and other foods dense in saturated fat. I'm all for whole, full-fat foods, and I think saturated fat probably has gotten an unfairly bad rap, but the research doesn't quite exist to support the idea of eating plenty of it -- which is why you won't find any backup in the book. Aside from that, I have a lot of smaller (but actually still important) quibbles: Despite reading it multiple times, I still can't tell whether you have to give up stevia at any point. Or cinnamon. Furthermore, the recipe section includes a block of "detox" recipes, but it's not clear whether you're supposed to stick to those recipes exclusively during the "detox" weeks (which I think are weeks 3 through 5) or throughout the whole program. My problem with this book can be summed up by a single, glaring contradiction that I haven't been able to reconcile despite searching [iquitsugar.com](http://iquitsugar.com) extensively and Googling for an answer. I actually did see another reader ask this question in a comments section about the online program, but no one from the customer service team replied to her. Here's the contradiction -- check the book for yourself to confirm (I'm using the paperback U.S. edition):\* On page 26 ("Week 3: Quit!"), Wilson lists items that "must go" starting that day, "with no exceptions." Item #1: Fresh and dried fruit, fruit juice.\* On page 41 ("Week 5: Get Creative, Experiment ... and Detox"), Wilson recommends 3 recipes to try that week. The first one is the Sweet Green Meal-in-a-Tumbler, found on page 110. Flip to page 110 and check the first 3 ingredients of the smoothie: 1/2 grapefruit, 1/2 lemon, 1/2 green apple. What? Why? Elsewhere in the book she even includes apples on a list of high-fructose fruits that should be avoided altogether. I'll keep the book around for some sugar-free recipes, but that's about it. I'm just going to cut back on sugar in some smart, basic ways and move on with my life. I'm a little angry that I fell for the marketing, but kudos to the team that put together such a pretty package.

We ordered this book because we are cutting all refined sugar out of our family's diet. The information on how to do the 8 week detox is helpful although the recipes are not particularly geared toward US ingredients or styles of eating. Many of the things I've never heard of and I'm not sure if they are coming out as they should... it's a good read on sugar detox so I'm happy to have it as a reference.

Wilson offers great info, backs it up with details and provides recipes to help you live a cleaner life. I think there could be a little more information on the science matters that are mentioned to back up her reasons as to why she "quit sugar" but if you're willing to do the research on some of her points, then this is great. The recipes are worth the money spent though. I get bored with my same day-to-day things so there were some very interesting new things to try in the book.

Eh... how to rate this one. Well, it's certainly not bad. I like the concept and because of this book I have decided to cut out soda and as much processed food as is practical, and cut back on desserts and such. So yes, it has helped me out. Also, I would have to say that I have gleaned some very useful information from this book, and that some of her statements have prompted me to do more research on my own into the dangerous world of eating too much sugar, particularly fructose. HOWEVER, I am sad to say that I found some of what she said conflicting (i.e., it almost sounded like she didn't want you to touch sugar during week 3-8, but then almost all of her recipes are sweetened and at times throughout the book it almost sounds like she is okay with things that I would have thought would be forbidden during the detox period.) This book has just confused me and I don't feel as though it is clear and logical, making it hard to follow. In summary: Yes, the reading of this book has prompted me to make my own discoveries about sugar and educate myself more thoroughly on the subject of what I put in my body, which is a very good thing. However, I had trouble following Sarah Wilson's intent throughout the book and so ended up creating my own guidelines and choosing recipes from Sally Fallon's Nourishing Traditions (a book that I wholeheartedly recommend to anyone who is serious about their health!) Also, the recipes in "I Quit Sugar" are, for the most part, unappetizing to me. I realize that all tastes differ, so take that as you will. On a whole though, I wasn't "sold" on this book and actually wish I had read more reviews before purchasing it. Would I buy it again? Probably not.

The information in this book is probably information you can find on the internet. It was an impulse buy (through kindle so I cannot return). If you really want to quit sugar - and I have and feel so much better as a result - then roam the internet first. I don't think Wilson's advice or writing, for that matter, is bad, I just regret buying the book before searching the web for similar information.

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