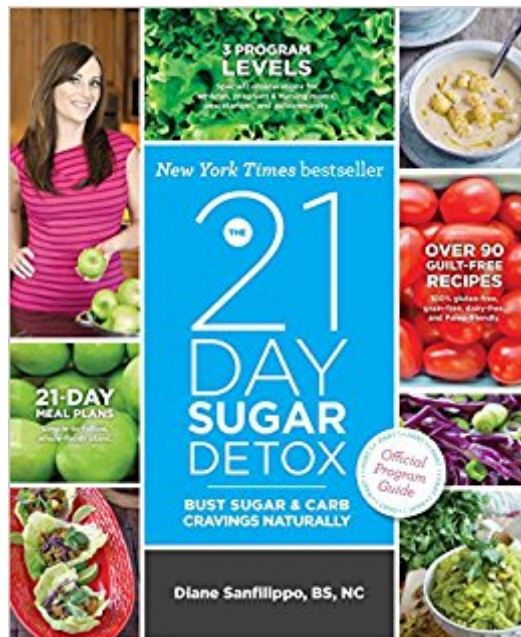




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# The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally



## Synopsis

The 21-Day Sugar Detox™ is a clear-cut, effective, whole-foods-based nutrition action plan that will reset your body and your habits! Tens of thousands of people have already used this groundbreaking guide to shatter the vicious sugar stronghold. Now it's your turn! Use the easy-to-follow meal plans and more than 90 simple recipes in this book to bust a lifetime of sugar and carb cravings in just three weeks. Three levels of the program make it approachable for anyone, whether you're starting from scratch or from a gluten-free, grain-free, and/or Paleo/primal lifestyle. The 21-Day Sugar Detox™ even includes special modifications for athletes (endurance, CrossFit, HIIT-style, and beyond), pregnant/nursing moms, pescetarians, and people with autoimmune conditions. What you'll experience on this program will be different from a lot of other "diet" programs out there that promote extremely restricted eating; encourage you to consume only shakes, juices, or smoothies; or rely heavily on supplements and very-low-calorie or very-low-fat diets to ensure success. The goal of any detox program™ should™ be to support your body in naturally cleansing itself of substances that create negative health effects--and that's exactly what™ The 21-Day Sugar Detox™ does. By focusing on quality protein, healthy fats, and good carbs, this program will help you change not only the foods you eat, but also your habits around food, and even the way your palate reacts to sweet foods. You'll likely complete the program and continue eating this way much of the time thereafter because you'll feel so amazing. After changing your everyday eating habits, you will begin to gain a new understanding of how food works in your body--and just how much nutrition affects your™ entire™ life. There's no reason to wait! Sugar is taking over our lives. But why? And is it only those sweet, refined white crystals that are causing us problems, or could there be more to the story? Let's be honest: The problem isn't just sugar itself. It's the refined, nutrient-poor carbohydrates that carry tons of calories, but no real nutrition. In our world, these are the easiest foods to grab on the go, but they leave us fat, sick, tired, and downright unhappy. The effect that sugar, "hidden" carbs, and refined, processed foods have on our bodies goes far beyond our waistlines. We can't focus, we can't sleep, we have irrational mid-afternoon cravings, and we can't even make it through the day without wanting--or needing--to prop up our energy levels with caffeine or even more sugar! What can we do to break free from this cycle?™ The 21-Day Sugar Detox™ is here to help.

## Book Information

Paperback: 240 pages

Publisher: Victory Belt Publishing; Paperback with Flaps edition (October 29, 2013)

Language: English

ISBN-10: 1936608111

ISBN-13: 978-1936608119

Product Dimensions: 7.5 x 0.6 x 9.1 inches

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

Average Customer Review: 4.4 out of 5 stars 552 customer reviews

Best Sellers Rank: #8,732 in Books (See Top 100 in Books) #12 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free](#) #20 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses](#) #28 in [Books > Cookbooks, Food & Wine > Special Diet > Gluten Free](#)

## Customer Reviews

"My eating habits had gotten out of control" – "I was binge-eating late at night because I had spent the day eating as little as possible. The 21DSD made me realize that you don't have to be hungry to see results!" – "Alex T., New Zealand" After reading rave reviews, I gave [The 21DSD] a try, and I loved it! After about a week, my cravings for sugar were nil, I was no longer waking up at 4am starving, and I had a lot more energy – "no more dragging myself through the day with huge amounts of coffee!" – "Sasha B., Washington" I am so thankful for the information and support this program provided me. It literally changed my relationship with sweets and helped me regain my health." – "Keri B., Missouri" The 21-Day Sugar Detox was very difficult for me, but I was losing weight for the first time in years! And now I know exactly what foods I must avoid in order to continue dropping the pounds. I'm so glad I gave it a try!" – "Laurie K., Utah" Ever try to abandon sugar and carbohydrates cold turkey? Then you know that it just doesn't work – "the cravings always come back. But in The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally, author Diane Sanfilippo offers an easy-to-follow meal plan that'll wean you off unhealthy sweets" – "Women's Health Magazine" I'm a faithful fan of Diane Sanfilippo and her 21 Day Sugar Detox. I really truly believe it was instrumental in jump starting my path to healthy living. I do not believe I could have successfully lost nearly 90 pounds without first squashing my sugar cravings. I am very happy to have been given the chance to pour over the new 21 Day Sugar Detox BOOK before it was even available in stores and to tell you what I think." – "author of popular website ohrheally" Diane has crafted a dynamic diet detox book that can help you kick the sugar habit in less than a month: The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally – "But you don't have to be a Paleo fan to benefit from her new book. All

you need to have is a desire and willingness to improve your health by improving your diet."

~•Joanne Eglash, The Examiner~The book is laid out in an easy-to-read, aesthetically-pleasing way. Diane doesn't SHAME you for eating sugar, no way! She even shares her own personal history with sugar! Then she explains what sugar does in your body and why it can be helpful to pay attention to your intake. There is SO much structure if that's what you like, and SO much flexibility if that's your game! You can either follow a meal plan or just follow the Yes/No Food List. Or a bit of both!" ~•Sassy Celiac

Diane Sanfilippo holds a BS from Syracuse University and is a Certified Nutrition Consultant who specializes in blood sugar regulation and digestive health. She is the New York Times best-selling author of Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle. Diane writes the popular health blog Balanced Bites ([balancedbites.com](http://balancedbites.com)), teaches nutrition seminars nationwide, and has a top-rated weekly health podcast, The Balanced Bites Podcast. After years of fat-fearing, point-counting, undereating, and over-exercising to lose weight, Diane felt awful. But everything began to change when she learned that eating more balanced meals that focus on adequate protein, plenty of fat, and lots of veggies could help her feel better. Her own journey, years of holistic nutritional studies, and half a decade working with clients led her to develop The 21-Day Sugar Detox as a way to help others jump-start the process of kicking sugar and carb cravings and get off the blood sugar roller-coaster. Thousands of people have successfully completed the program, and Diane looks forward to guiding the readers of her book through the process of liberating themselves from the chains of sugar.

Hello! I am a 23 year old female, and I am a very active person. I play soccer and go to Crossfit at least 4 times a week. I started Crossfit in September 2013 and learned about the paleo lifestyle. I received Diane's book, Practical Paleo, from a friend and have been experimenting with it since September 2013. In February 2014, my Crossfit gym was having a paleo challenge that I wanted to be a part of. I wanted to further my understanding of a paleo lifestyle so I attended a Balanced Bites Seminar this past January in Philadelphia. Here I purchased Diane's 21 Day Sugar Detox book. A rule in my gym's challenge was to avoid sugar. I decided to do the 21 DSD in conjunction with the challenge at my gym. Prior to the 21 DSD, I had an unhealthy relationship with sugar. I would go a few days eating paleo and then would binge eat sweets. Binge eating sweets has been a problem for me for a really long time. My sweet tooth was so strong. I would crave very specific desserts. Just a bite, a slice, or a piece of a dessert would not satisfy me. Eating one Oreo or one chocolate

chip cookie didn't cut it. I'd down like 6 cookies before I felt like I satisfied my craving. I could consume a pint of ice cream in no time. Chocolate....my ultimate weakness. I craved chocolate every. single. day. Every evening I'd say, "Now it's time to end the day with some chocolate." I'd eat candy or snacks just because they were in front of me. I wouldn't think twice about it. My brain would strongly crave these sweets even if my body wasn't actually hungry. I knew that I wanted to build muscle and lose body fat. And I knew that I would not achieve this goal if I kept giving in to my sweet tooth. This book came to me at the perfect time! Because I am active 6 out of 7 days of the week and have had experience with paleo, I decided to do Level 3 with energy modifications. Levels 1 & 2 are NOT paleo. I started the detox on a Monday. The weekend before I went food shopping and meal prepped for the upcoming week. Meal planning and meal prepping is absolutely key to successfully completing the detox. The first week was awesome for me! I was super motivated, ate everything that I prepped, and didn't cheat! When week two rolled around, I STRUGGLED. I legitimately went through sugar withdrawal. Normally, I'd eat paleo for a 4-7 days and then that's when I would binge eat sweets. So when day 8 rolled around, I was ready to binge and I knew I couldn't. I got headaches. All my brain thought about was chocolate. It was hard. Before the detox, I cleared my cabinets of ALL sugary treats. I HIGHLY recommend doing so. The urge to cheat is overwhelming at first. I drank extra water when I was craving, ate green apples with cinnamon, made some of the not sweet treats, and ate green tipped bananas. Almond butter was a saving grace for me. I would eat a tablespoon of almond butter as a treat too. A green tipped banana with cinnamon and almond butter?! YUM! Once you get through the withdrawal, it gets better! I have strengthened my willpower and this is my greatest accomplishment. I work in a school and for those of you who work in a school, you know how difficult it is to avoid sugary treats in the faculty room, classroom parties, school wide events, faculty breakfasts, etc. I was able to say "No thank you" in all of these instances. When I was offered sugary snacks and breads, I stayed focused on my goals. Saying no is such a powerful tool. I have been a bad sleeper since I was ten years old. It used to take me at least one hour to fall asleep. I was always a super light sleeper...the littlest things easily disturb my sleep. Now after successfully completing the detox, I fall asleep quickly. I sleep in such a deep and peaceful sleep. When I wake up, I remember my dreams. I rarely wake up during the middle of the night. Sleep is critical to hormone balance and connected with body fat loss. I know if I continue eating this way, I will be sure to reach my goals. My skin definitely cleared up. The week before the detox, I pigged out on crappy foods (frozen yogurt with lots of chocolate candy toppings, Mexican food, alcohol, and more). My face broke out in blemishes. By the end of the 21 days, I had no pimples. My eyes looked a little brighter too. I learned that sugar directly affects my skin. When I

have a pimple, I know it's because I ate a refined unhealthy, sugary treat. My energy levels are more consistent throughout the day. I rarely get that 2:30 feeling. My mind is clearer. Because my body was fueled properly, my Crossfit performance has improved too. I feel great during my workouts. Now that my 21 days and my 30 day paleo challenge is over, I had a cheat day. I ate a bunch of sugar treats to see how I would feel. The result? Pimples, constipated, a little bloated, and most importantly, NOT SATISFIED. It's amazing how the sugary treats just taste like crap now. Cupcakes, cakes, and donuts don't leave me satisfied at all. Therefore I will avoid them. I still love chocolate but feel as though I could easily fall back in to binge eating chocolate habits. Therefore, I will not keep it in the house. At the end of the day, a green apple with cinnamon sprinkled on it tastes awesome. And almond butter=heaven. Find foods that leave you satisfied. When you complete the detox, you start to crave healthier foods. Don't tempt yourself or keep snacks in the house that will allow you to pick up old, bad habits! I also realized all of the HIDDEN sugar that was in my diet before the detox. Sugar is EVERYWHERE. Read the labels. Get educated. When you read the label, visualize how many teaspoons or tablespoons of sugar is actually in your food. The 21 DSD increases awareness, strengthens willpower, improves skin and sleep, and implements good habits. All of the recipes are delicious. The book is readable. The pictures are awesome. (A cookbook with pictures is always a plus. :) The directions are easy to follow. The information is easy to comprehend. The typical diet of modern society is packed with sugar and it is definitely time for a change. Do the detox. Take notes about your feelings, progress, and mental/physical state. It's worth it!

Nothing really new here. None of the recipes were really terrific. I did love the spice mixes though, the sausage in particular.

This is a great book. I wish it had more recipes for vegetarian though. There are quite a lot of recipes with meat. Otherwise, it's a great way to stop eating awful, processed foods.

This book is so exciting. It is all about healthy and delicious eating. It is written very clearly, the recipes look amazing and there are several levels and options based on your dietary needs and preferences. I have friends who are vegetarian, vegan, and gluten free and this program has taken all of those into consideration. Personally, I do not eat a lot of fish, and so I can adjust the recipes as needed for taste and preference. It is a great way to introduce healthier choices into your diet and daily lifestyle without it tasting like cardboard. I am excited to continue this program!

I had done Diane's 21-Day Sugar Detox a couple of times before using the Ebook version. That was great, but I LOVE having an actual book. Everything is very straightforward and easy to understand. I find Diane's writing style very entertaining, much like listening to her Balanced Bites podcast. I also have her Practical Paleo Book. I would not hesitate to buy any book she writes and am looking forward to the 21-Day Sugar Detox Cookbook. Now, on to the best part - the program itself. I try to follow a mainly Paleo diet. I fell off a bit over the summer and then things got worse when I moved in with my boyfriend in the fall. He is not the healthiest eater and I found myself buying treats for him and then sneaking more and more myself. I was feeling kind of awful. My clothes were not fitting, I was not sleeping well, and I was becoming miserable. I needed to get back on track. I am now on Day 11 of my Sugar Detox, and I feel amazing. I am sleeping well, I have lots of energy, and I am comfortable in my clothes again. It is a Friday afternoon as I type this. I would normally be half asleep at my desk at this point, but I am wide awake and feeling great. I am looking forward to going home and making some chicken salad with Diane's healthy mayo recipe! The recipes in the book are awesome! I know it sounds like torture to give up the things you love for three weeks, but it really is a piece of cake (sorry!) after the first week. You will not regret it.

Wow Diane, you did it again!! First let me say the Pumpkin Carrot Muffins are my FAVORITE! Never would I have imagined pairing the two! These are my go-to for breakfast and I can see myself eating them after the sugar detox is over. I have to admit the sugar detox is not as hard for someone who is already paleo. I have been Paleo 2 years and have Practical paleo as well. Great Job with the recipes!! Thanks for your hard work!

I'm on day 20 of this program right now, and I'm really happy with it. The plan itself is simple, and I like that it has three levels with modifications so that it can meet you where you are instead of expecting everybody to do the same thing. I haven't used the meal plans because that just never works for me but they look reasonable with leftovers being used, etc. I HAVE made several of the recipes, and they've turned out well. I've found that making myself more interesting, flavorful meals than I would normally have is helping me stick to the program because it's keeping me from getting so bored the way I would if I were eating chicken breasts and broccoli every other night. This book has a good balance between giving you the science behind the plan and keeping it easy to understand. I think that this will work for a lot of people.

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(Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1)

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