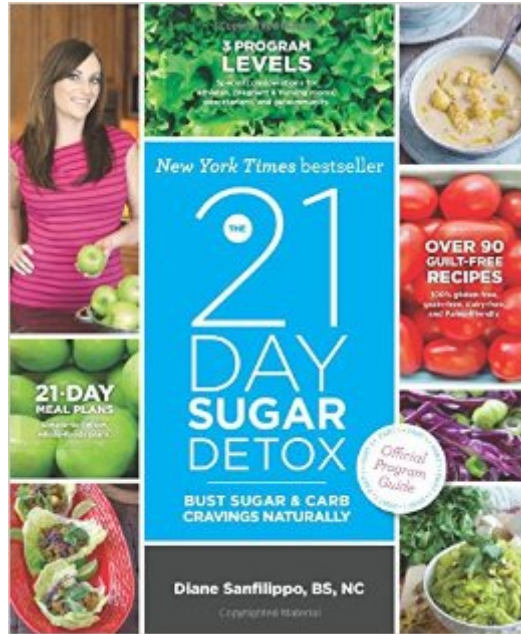


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# The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally



## 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

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## Customer Reviews

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!

This detox isn't the same as you might expect. It's not a juice cleanse or something like that. The reality is that's not going to help. As Diane states in the book, "to detox your body from sugar means

not only to rid your body of cravings for it, but also to rid your daily life of the structure built around being a slave to when you eat sugar, how much you eat, and the form in which you eat it."The way she presents the detox is in one of three programs, depending on how your current sugar lifestyle is. Level 1 is for folks who are just coming off of a "standard American diet", which not only includes junk food but also large amounts of whole grains (i.e., the "healthy" grains) and dairy. Level 3 is for folks who already eat pretty clean, maybe someone who considers herself "mostly Paleo" and wants to finally kick the habit. Level 2 is somewhere in between. One of the things I appreciate most about this book is how it's not simply one that tells you why sugar is bad and then gives you tips on how to deal with the withdrawal of not eating it. It definitely does those things, but it also almost holds your hand (as much as a book can), as you do it. There are even checklists for 7 days before you start, 5 days before you start, all the way to the day before. They're designed to help get you excited for it, prepare the way, and get emotionally ready. Then as you go, you can follow her meal plan for you, which tells you exactly which foods are appropriate to eat for your level, or you can plan your own menus based on her "yes" and "no" food lists. In addition to the already-useful help and meal plans offered in the book, there are also a bunch of recipes (90, to be more precise) for foods that foster a healthy lifestyle.

Let me preface this by saying I purchased the 21 Day Sugar Detox when it was just an ebook and completed the program at that time. I've been following Balanced Bites for over 6 months and I got into this program relatively early in my paleo journey. That being said, I can't recommend this approach. I did the detox, but it was incredibly tough. Before anyone jumps all over me for "not actually doing the detox," I'll say that I'm not an athlete so I stuck with the strict level 2 guidelines - I allowed some dairy, but the diet was very low carb over that three week period. Yes, I had my daily apple and yes, I ate plenty of greens, but ALL women, athletes or no, should probably be eating at the athlete modification level in terms of carbs. We need at least 100-150 g/day to help regulate our hormones. I found myself not craving sweets on this program, but my craving for potatoes was so strong that I was practically in tears because of it. My husband urged me countless times to just break my diet, but I insisted on sticking with the program because I wanted to be able to say I did it successfully (which I did). I lost weight and I liked the fact that I lost weight. I did not experience the energy boost that many claim to experience. Basically, this diet did nothing for me other than give me some issues with food. I now have hormone imbalances that I am working to correct, and I have regained most of what I lost by adding back in lots of carbs that are forbidden on this diet if you're not an athlete. Can I say definitively that this diet caused my hormone imbalances? No, but it

certainly did not help and probably did more harm than good in my case. I even bought the physical copy of the book at one of the book signings hosted when the book was first released.

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