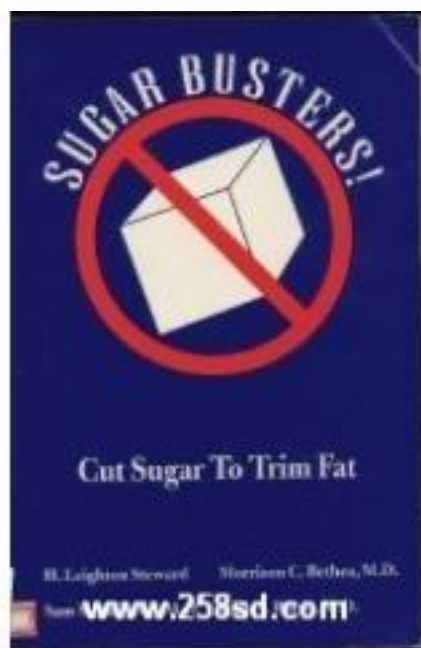


Sugar Busters!: Cut Sugar to Trim Fat



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Amazon.com Sugar Busters! was first independently published in New Orleans and sold an amazing 100, 000 copies by word of mouth. Its advice may be hard to swallow for most Americans, as it advocates squelching your sweet tooth in order to lose weight. Those who follow the diet, however, swear by it, and no wonder: excess sugar consumption has been linked to depression, impaired immune function, and, of course, weight gain, as the body can almost effortlessly convert sugar to fat. Because sugar comes in so many different forms and hides out in unexpected places (carrots, beets, and white bread, among others) the authors list what foods are safe and which ones should be avoided and include a two-week menu plan for getting started. They also tempt the taste buds with recipes for unheard-of “diet” dishes such as Eggs Sardou and Filet Mignon with Bleu Cheese. This

book will be too basic for anyone with a solid knowledge of nutrition, but for those who are overdoing the sweet stuff and want some handholding and help with shedding excess weight, Sugar Busters! can do nothing but help. --This text refers to an out of print or unavailable edition of this title. Amazon.com Audiobook Review Once you've listened to Sugar Busters!, you'll never look at a Snickers bar, a baked potato, or even a carrot stick in the same way. Developed by three doctors and the CEO of a Fortune 500 company, the basic theory of this diet plan is that intake of too much sugar produces too much insulin, which prevents you from losing weight. And since sugar hides in breads, other starches, and some vegetables, following the plan means more than just cutting back on Twinkies. Author H. Leighton Steward narrates the tape with a slow New Orleans drawl that takes some getting used to, but he paces the information so you can catch the details. The diet is quite simple, and since recipe cards are included, you should be able to implement the plan immediately. (Running time: 2.25 hours, two cassettes) --Sharon Griggins --This text refers to an out of print or unavailable edition of this title. See all Editorial Reviews

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