



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

By Diane Sanfilippo BS NC

Download now

Read Online 

**The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally** By Diane Sanfilippo BS NC

***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.

 [Download The 21-Day Sugar Detox: Bust Sugar & Carb Cravings ...pdf](#)

 [Read Online The 21-Day Sugar Detox: Bust Sugar & Carb Craving ...pdf](#)

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

By Diane Sanfilippo BS NC

## The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally By Diane Sanfilippo BS NC

**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.

**The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally By Diane Sanfilippo BS NC**  
**Bibliography**

- Sales Rank: #2301 in Books
- Brand: imusti
- Published on: 2013-10-29
- Released on: 2013-10-29
- Original language: English
- Number of items: 1
- Dimensions: 9.13" h x .70" w x 7.50" l, 1.45 pounds
- Binding: Paperback
- 240 pages

 [Download The 21-Day Sugar Detox: Bust Sugar & Carb Cravings ...pdf](#)

 [Read Online The 21-Day Sugar Detox: Bust Sugar & Carb Craving ...pdf](#)

## Download and Read Free Online The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally By Diane Sanfilippo BS NC

---

### Editorial Review

#### Review

"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 Egash, *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

#### About the Author

**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.

## Users Review

### From reader reviews:

#### **Octavio Martin:**

In this 21st century, people become competitive in every way. By being competitive currently, people have do something to make all of them survives, being in the middle of the crowded place and notice through surrounding. One thing that sometimes many people have underestimated that for a while is reading. Yep, by reading a guide your ability to survive raise then having chance to stay than other is high. For yourself who want to start reading a new book, we give you this specific *The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally* book as basic and daily reading guide. Why, because this book is greater than just a book.

#### **Robert Defazio:**

This *The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally* are generally reliable for you who want to certainly be a successful person, why. The reason of this *The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally* can be one of several great books you must have is giving you more than just simple examining food but feed anyone with information that might be will shock your previous knowledge. This book will be handy, you can bring it just about everywhere and whenever your conditions both in e-book and printed types. Beside that this *The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally* forcing you to have an enormous of experience such as rich vocabulary, giving you tryout of critical thinking that could it useful in your day action. So , let's have it and revel in reading.

#### **Lucille Daulton:**

You could spend your free time to study this book this publication. This *The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally* is simple to create you can read it in the area, in the beach, train as well as soon. If you did not have got much space to bring the printed book, you can buy the e-book. It is make you better to read it. You can save typically the book in your smart phone. Thus there are a lot of benefits that you will get when one buys this book.

#### **Lisa Loo:**

Is it anyone who having spare time subsequently spend it whole day through watching television programs or just resting on the bed? Do you need something totally new? This *The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally* can be the answer, oh how comes? It's a book you know. You are consequently out

of date, spending your spare time by reading in this brand-new era is common not a geek activity. So what these textbooks have than the others?

**Download and Read Online The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally By Diane Sanfilippo BS NC  
#Y30G4925IPJ**

# **Read The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally By Diane Sanfilippo BS NC for online ebook**

The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally By Diane Sanfilippo BS NC Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally By Diane Sanfilippo BS NC books to read online.

## **Online The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally By Diane Sanfilippo BS NC ebook PDF download**

**The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally By Diane Sanfilippo BS NC Doc**

**The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally By Diane Sanfilippo BS NC MobiPocket**

**The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally By Diane Sanfilippo BS NC EPub**

**Y30G4925IPJ: The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally By Diane Sanfilippo BS NC**