

FOREWORD BY

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SUGAR

SHOCK!

HOW SWEETS AND SIMPLE CARBS

CAN DERAIL YOUR LIFE—AND

HOW YOU CAN GET IT

BACK ON TRACK

"LAYS OUT THE PATH TO KICKING THE
SUGAR HABIT AND RECLAIMING YOUR
HEALTH." —CHRISTIANE NORTHRUP, M.D.

CONNIE BENNETT, C.H.H.C.

WITH STEPHEN T. SINATRA, M.D.

Connie Bennett

Sugar Shock!: How Sweets and Simple Carbs Can Derail Your Life--and How You Can Get Back on Track



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The perfect guide to getting healthy by kicking your sugar habit once and for all with 20 simple, sugar-free success strategies. There's zero sugarcoating it: succumbing to sweets all too often could harm your health. But to what extent? Most readers already know that succumbing to sweets all too often can lead to obesity and diabetes. Sinatra bring you the shocking truth, backed by medical research. In this engaging, jargon-free publication, Connie Bennett and contributing author Dr. Oz, M. What many don't know, however, is that too many "quickie carbs" can bring on a bunch of other maladies-such as "human brain fog," fatigue, feeling swings, cardiovascular disease, and even cancer-from which millions may be suffering because of their sugar or carbohydrate practices. Mehmet C.insights from a large number of physicians, nutritionists, researchers, and "sugar victims" worldwide, Sugars SHOCK!D. on aging and quality of lifestyle—The Dr.Spills the beans on the shocking influence of simple carbohydrates will teach you how to kick the sugars habit for good.a double whammy for humanity."— With Stephen T.™, host of " Oz Show



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Great information in the event that you be sure you understand various medical/physiology ... Great information in the event that you make sure you understand numerous medical/physiology terminology that's sprinkled throughout. She does try to maintain it understandable. I was so dependent on it. This is the book to learn! The book is very informative and useful and assists dissuade me from reaching for the incorrect carbs or sugars. I simply wish it would get to the point I'm searching for. I guarantee you there is a lot to understand about extreme carb intake and how that intake impacts your life! I'd still recommend reading for the content, though. More than anything the book is certainly socially and politically powered which isn't a detrimental per say, it just gets tiring to plow through all the politics if what you're strictly interested is certainly this insidious compound called 'sugar.' This is an excellent book if you are truly thinking about getting healthy. Sugar is really harmful to your system. It causes all sorts of health problems and will make you very sick..Before I read this publication, I would have never linked to it to refined sugar, but now I understand that that along with wheat, pretty much white flour, stripped of all fiber, may be the cause for each one of these blood-sugar disruptions.PMS. My blood function can be a in the normal range and my arthritis rheumatoid is getting far better to the point of being in a position to lower out my medicines. I had no idea that this sugar was associated with my frequent bouts of irritability, negativity, and mind fog. As a group they know small about nutrition if you want to know the real problems with a bad diet plan and how exactly to improve your health then read this publication and others like "Wheat Belly" and "China Study". With the knowledge you gain you will be motivated to restore your health. Moody. I eat dried fruit, which tastes exactly like candy, without the poor side effects. I know from experience. This book helped me start to see the importance of not wanting to eat sugar and Personally i think so much better for this.My advice for you all: eat natural sugar, what God provides, fruits and dried fruits and natural honey, stevia leaves, or dates to sweeten foods..All kinds of odd symptoms? I'm at the start of chapter 5 or 6, where the chapters seem lengthy and there is certainly little reference to the correct way of feeding on, what exact foods fit in the categories of great carbs and workable.! Nevertheless, the writing isn't good. I discovered this book 1 day and was shocked when We began to browse the first few web pages. I felt as if this author was writing MY life story!! The result-- panic, anxiety, irritability, disposition swings, frustration, anger. The even more I read, the even more surprised I was.I completely credit the book Sugar Shock and Connie herself for changing the way this ex-sugar junkie today lives a completely different lifestyle!I'd haven't made the sugar/disposition connection had We not read this publication. I wish I would have read this publication 20 years ago. Connie Bennett not merely did her homework to create this book, she lived it! I hoarded sweets: twizzlers, cookies, donuts, granola bars, cereal pubs, sugary cereals. I utilized to think that sugars and refined flours had been harmless in moderation, but now I recognize that "some" of us actually cant afford to indulge a good bit in this extravagance. I've no doubt my life would have been much different!Many thanks Connie! Insulin then has to be released to lower the blood sugars level, and several times it becomes too low. There is tons of information in this publication! Good Read Looking forward to scanning this book! Even more about politics and social reform than sugar The actual information about Glucose is valuable and occupies 100 pages or less. It has helped me profusely. SUGAR SHOCK-Great book Sugar Shock I'd to need to say is one of the ideal books that I've browse to break down my health problems.Like a great many other who've written, I was a genuine glucose addict. My pms/stress and anxiety mood problems have totally stopped. I ate it all. My just complaint is that it's a lot longer of a reserve than I anticipated and it goes too much into differing and statistics. You shouldn't be suprised if your doctor doesn't believe you. This is actually the ramifications of

eating refined sugars. Any time I ate cookies, I experienced at least 8 with often going to 15-20 cookies at one seated. Same with cereal, the whole box at once. Lori from Pittsburgh Read this book! She should have had someone ghost write it on her behalf if her writing is normally that poor.! Very interesting so far. This is the threat of refined glucose. I have been off glucose for 6 months now. Ever since I got rid of the sugary foods and floury foods, the mind fog, the irritability, the negativity, has most gone. Sometimes I would just finish the whole pack at one sitting. For me, it lasted like 3 years. Now today, I'm virtually done with refined sugar, forget about soda, forget about twizzlers (and I was addicted to twizzlers), no more juice, jelly and all the sugary stuff. And the other bad component about refined sugar could it be is so addictive. Refined sugar, having no fibers or protein, goes straight to your blood stream and spikes it. It's around. Twizzlers, 20-25 twizzlers at once. Your brain, getting its form of energy from glucose in your blood, now could be disrupted from doing so caused by the spike in the bloodstream. Refined is indeed addictive. She uses way too many exclamation marks and her thoughts are not well-organized. Reading this reserve has inspired me to want to keep learning about what I can do to curb my intake of unhealthy sugars along with guide others to do the same. The times of irritability are over. Does this mean I don't eat sugar anymore? Of course not. Today I eat glucose in its natural type. Fruit is sweet and being that its loaded with fibers, it doesn't cause blood sugars fluctuations, assuming you eat one at a time, which is the rule for fruit consuming.. Dates, dried strawberries and various other fruits are all great alternatives.. It's when we eat the unnatural foods, stripped, processed, heated, that outcomes effect. Kudos again to Connie Bennett and all who all figured out this sugar shock connection. The writer grabs your attention and maintains it by providing her message in a manner that is very easy to comprehend and apply in existence. Heard good things Five Stars great Five Stars great information but frightening what our kids are up against Four Stars Good book. Good content, poorly written The information is good, and it's really an excellent motivator for quitting glucose.! We thank Connie Bennett so very much for writing this reserve. Frankly, the composing quality is definitely that of a higher schooler, no adult writer. So your brain can't function properly with the reduced sugar. The remainder of the nearly 400 webpages are repetitive and cater to promoting other books. Just started reading. Very interesting so far. Simply started reading. It can make you go crazy.



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