

SOS *Diet*

STOP ONLY SUGAR

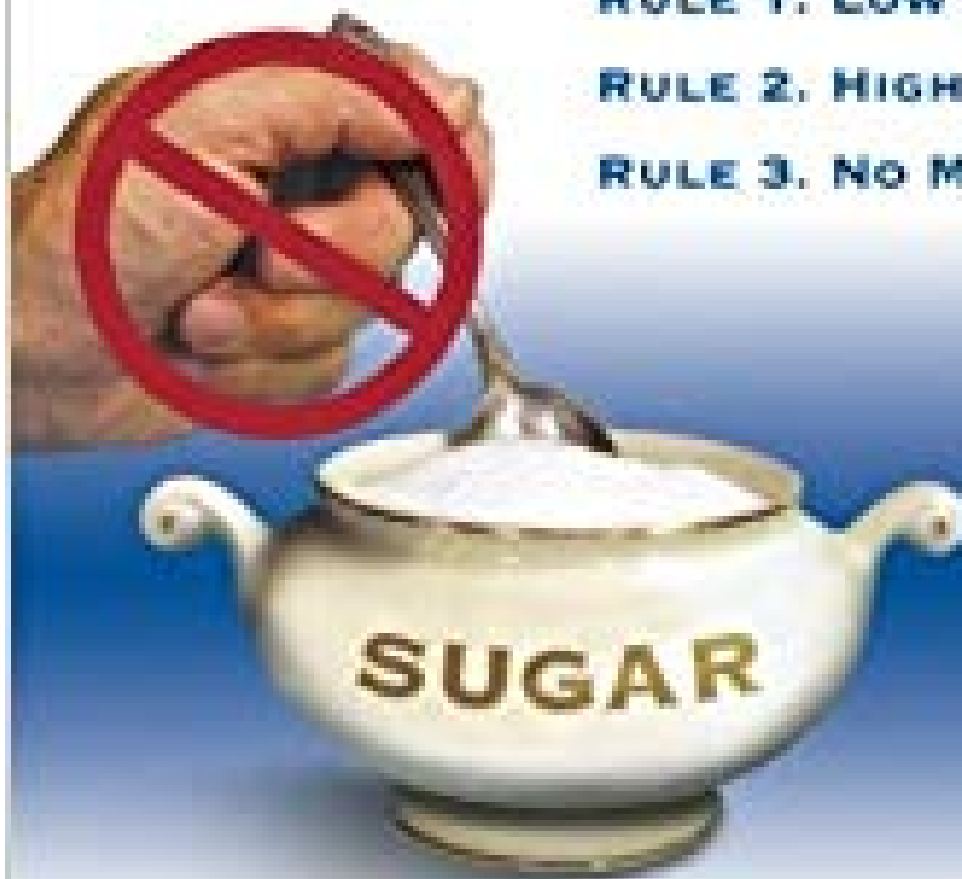
YOU WON'T EVEN KNOW YOU'RE ON A DIET!

SOS DIET RULES

RULE 1. LOW SUGAR

RULE 2. HIGH FIBER

RULE 3. NO MORE RULES!



OTHER DIETS ARE WAY TOO COMPLICATED!

JAMES A. SURRELL, M.D.

James A. Surrell M.D.

SOS (Stop Only Sugar) Diet: You Won't Even Know You're On A Diet!



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Other diets are much too complicated! Low Sugars, Rule 2. The SOS (End Only Sugar) Diet has only three simple rules: Rule 1.com. No More Rules! The short and simple SOS Diet plan, by Digestive Health expert James A. You as well will soon turn into a "Label Reading Detective" and conveniently and almost effortlessly lose 5 to 8 pounds per month. Surrell, MD, involves only a minor lifestyle change. Check out the many SOS Diet plan success stories at www.sosdietbook. High Fiber, and everybody's preferred is Guideline 3. Like so numerous others who've never lost excess weight on any other program, you as well will be very successful on the SOS Diet plan. Get started today!



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"When Digested, glucose is stored as body fat. I would have appreciated if Sorrell had devoted a few web pages to this controversial topic, but also for now, I'll eat wheat sparingly. You can easily follow, I don't count calories, and I am in a position to practice eating this way without forcing it upon others. Giving up the white foods (or eating them very minimally) produced all my sugar cravings disappear completely. I'm what you might contact a "big feller." I am no stranger to the fitness center. While I have no problem quickly gaining muscle, I'd enjoy to get down to 240. Nevertheless, whether I am focusing on weights, cardio, or both, my gut stays virtually right where it is. I've tried Atkins, Forks Over Knives, South Seaside, and cutting calories over the years, but discovered those diets as well restrictive for me to invest in for longer stretches. I did learn quite a bit though. So, in the event that you now think you may be addicted to glucose, exactly like me, this can be a very enjoyable way to teach yourself in only a evening or two. Its likely to be worth it though, and truthfully, it was not too hard up to now. Some people might say, "Well, duh!" but for me, a HUGE light turned on when I began reading the SOS Diet plan. But perhaps I could try Crystal Light again, or a peanut butter sandwich with sugar-free of charge jelly as an occasional treat when I need something. Sugar addiction. Four Stars good book. Not to mention how sugars is hidden in just about every packaged item you get. The author cuts to the chase, keeping his message and suggestions very simple. I know diabetics cannot have sugar, and I've known some individuals who have tried to eliminate all carbs with the Atkins Diet only to give up after weeks or per month. One author posed this issue: "What would you do if you came home, and discovered a bowl of homemade chocolate chip cookies sitting down on the table? After reading this publication, I can observe how sugars has been managing my entire life, and how gratifying it'll feel to slice it out. The 1st chapter is full of success stories from people that sound just like me! But if you have even basic knowledge of diet and the meals industry you will see it a bit silly ! All of those other book cemented the importance of this life change, and gave great suggestions to help make it happen.) Many confess to overpowering tiredness, unrelenting head aches, waves of despair, and other strong physical and mental ailments- For a few days to many weeks... Are They Safe and sound? Yes, Yes and More Yes! Don't also get me started on "Girl Scout cookie period. I am not really totally sold on this one. I used to like Crystal Light, for instance, but I provided it up after reading and hearing a whole lot of harmful accusations targeted at aspartame. Additional reviewers have equivalent misgivings, however the author is surely right when he says that sugar substitutes are far better for you personally than refined glucose. I don't beverage soda or diet plan soda, and sugars substitutes usually taste too sweet for me. I could quickly zero-in on what my accurate problem was. Until my sister explained about this book four weeks ago. Sorrell also devoted 15 pages of this short reserve, to convincing us to never do a "colon detox," also to avoid all tobacco. Great book Great diet or existence plan to follow - suprisingly low sugar, that may only be best for any of us. I felt they detracted from the lean-and-mean core message of this simple diet book, and I've under no circumstances been more likely to try either one. Another topic I wished the physician had delved into, was "sugar addiction," and what it feels as though to suddenly quit the granules- frosty turkey. It just shows me that everything he says in his publication, is strictly what he believes can improve his readers' lives. A very important factor I cherished, was that he didn't condemn things such as for example pizza or fast food, like I had anticipated. He just showed how to make improvements to what you'll normally eat. He admits that he will even cheat occasionally, himself. You can easily follow.. Still some basic and good information on cholesterol and the digestive tract that help build awareness which is certainly fundamental to taking charge of your wellbeing ! Average american eats 2-3 3 pounds of glucose per week?) The main point is, each person could make smarter choices, wherever each goes, by picking products with lower sugar and higher fiber. I understand about caffeine withdrawal, and I've been drinking just my 2 cups of coffee like always. Being allowed to have whole wheat does make things less complicated, since you are left with an increase of food options, but it is obvious that lots of people take

concern with that. For me, that sounds like the true threat. We also understood the author's focus on fiber. He says to avoid things such as white rice, potatoes, white bread and bleached flour. I visited my doctor yesterday and made a decision to mention this plan. Five Stars Nice and simple to understand and do. WHAT? The author mentions that whole grain can be better than whole wheat grains, but it is clear he's a fan of many whole wheat products. I like when other reviewers do that, since it shows how easy or hard a diet is to stick to. Some reviewers here stated that cheating once, any occasion for example, led them to a complete downward spiral back to their old glucose addiction." Here's my story. I'd still enjoy some bread or pasta once in a while, and I can switch to the casual light beer, rather than my regular, wheat beer. But he's a doctor who is concerned about health issues, and colons ARE his specialty, therefore i can easily see why ANY doctor would use a chance like his first publication to give out Most of his favorite suggestions to the world simultaneously. I have since read several content about this, to get more perspective. But I've under no circumstances known any one else to focus on giving sugars up. Individually, I wouldn't even be capable of getting to the milk 1st, without eating two or three 3, and then once I did so have my milk. Would you stop at a couple of, or would those cookies end up being the primary focus of your attention?" Would you ignore them in the event that you weren't hungry?.. Browse it cover to cover and experience very comfortable with it because it was written by a health care provider but actually without that, the foods by itself are healthy." I'm not going to lie." I'm convinced that is a total addiction for someone like myself, filled with the shame.. (Yes, I've read discussion boards about cutting glucose. They are actually very inspiring! Chapter 7 is titled, "Sugar Substitutes. Probably a few of them were simply experiencing caffeine withdrawal, since they were simply not drinking their usual amounts of soda, tea or coffee. It is up to you to decide if a little cheating will probably be worth it. You just have to get onto it." That sentence finished the first paragraph of the book's launch. When I am feeling discouraged, I simply remind myself, "When digested, glucose is stored as surplus fat." Anyway- I hope you like long reviews! Having the ability to have whole wheat grains or grain bread and pastas really help..I will update my progress here in a about a month, and then again every once in a while. He recommends them repeatedly. The SOS Diet is a brief and simple program in a short and simple publication."When digested, sugar is stored as body fat. Personally i think more inspired than I've in ages! -DD Unprecedented success I am 50 and have generally felt like I possibly could literally starve myself and not lose weight. While never obese, my size 12 slacks seemed the best I possibly could do, actually through deprivation. Dr.... Many people have written about glucose withdrawal symptoms on sugar-cutting community forums. I read.? He sometimes enjoys french fries with some fried fish. I followed. I lost 25 pounds in 15 weeks. And it had been easy. And my brand-new size 6 denim jeans fit. I have always been a glucose junkie, but I did so not realize it related to white foods as well until I started following this advice. I am 38 years old, 6'4", and weigh 296 lbs. The weight fell off, actually for the first a short while, and after that after a short plateau it fell off some more. I lost excess weight week of Thanksgiving. But I proceeded to go shopping last night, just to find that it is extremely difficult to acquire carbs without wheat flour, at my shop in South Carolina. Such a very simple plan.. Buy this reserve. Yes, you examine that right. 30g sugar and > When reading a review of any health publication, I love to know where the reviewer is coming from, and where they are trying to go.... important to my hubby who loves his white foods and does not desire to abandon them.? A good read!. try this program; Dr Surrell is really onto something right here. As an extra reward, I checked my bloodstream work after a few months of eating in this manner. My total cholesterol, bad cholesterol, triglycerides and blood glucose levels have all dropped as offers my blood pressure. More proof that my body really likes this! Best for absolute beginners This book is excellent for those you have serious health problems and no knowledge of nutrition .In the event that you eat processed foods and junk food and need a doctors prescription for losing weight and reversing diabetes and cardiovascular disease this is actually the perfect

publication. By the end of web page 47, the doctor's simple method had taught me plenty of to start, and I was psyched more than enough to begin that next morning. (He didn't wish the reader to inform anyone this small secret, but right here I am. It works Great book with summary. Easy read + easy to follow. Sorry Jim!! He absolutely agreed with eliminating glucose, but believed ALL carbs had been the enemy- specifically wheat, whole or otherwise. I was close to 2 and now always significantly less than 1 lb, usually at .5 lb for all sugars. Remember: < And I've lost fat in December, which explains why I use the word unprecedented so much since it relates to my achievement with this course of action. 30g fiber.!. it works. I highly recommend this book I adore this man. His light-hearted method of a serious topic can be a breath of oxygen. I have a member of family who knows him individually and he stated he's the real deal - a kind person with a heart to greatly help others. This comes through in his writing. We are a sugar free of charge home now and feel the difference. Gradually the pounds are arriving off. I highly recommend this book! Buy this book for yourself or someone you like For years I knew I had a need to lose weight. I understood the what, but not the how. I did not want to count stuff, etc. I finally got off my behind when my doc told me to reduce my sugars intake and lose pounds. I searched and found this book. I have been following it for the past 3 months. I've lost 21 pounds. Every week I weigh myself and I amount if the quantity is significantly less than the week before, I am moving in the right direction. The book explains what to buy and what to eat. Occasionally, he'll eat real ice cream in the summertime if sugar-free isn't obtainable. Even so, I've experienced a persistent headache for the last 3 days, and I have already been lethargic and irritable at times. These two chapters primarily annoyed me. If you've made it this far, and if you are interested: Make sure you check the comment section! Armageddon! We did Atkins and it had been not something we could live the others of our lifestyle with but this one is. To easy, but a good idea! Harder to do than you may think. It almost appears like a diabetic diet. Not a bad idea for sugaraholics! I am aware there can be concern over gluten, and I've seen the book, Wheat Stomach. A good read! Very informative!. It works!? Easy way to loose fat and good for your wellbeing. Cookies, candy pubs, donuts or cakes- I've NEVER been able to say no! Five Stars Great go through easy to follow.



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