



# Beyond SUGAR SHOCK

THE 6-WEEK PLAN TO BREAK FREE OF  
YOUR SUGAR ADDICTION & GET  
SLIMMER, SEXIER & SWEETER

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## Beyond Sugar Shock: The 6-Week Plan to Break Free of Your Sugar Addiction & Get Slimmer, Sexier & Sweeter



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From Connie Bennett, writer of the bestseller *Glucose Shock!* to successfully quit her sugar practices, comes *Beyond Sugar Shock*, the first publication to provide a straightforward, practical, mind-body-spirit intend to help readers break free of their sugar or carb addiction. For the millions of people who suffer with problems such as for example low libido, excess weight, overpowering fatigue, and many other unexplained ailments, *Beyond Sugar Shock* offers a step-by-step, six-week program to gently guide visitors to a wholesome life. In this friendly, compassionate book, they'll find:

- A playful, but serious Glucose Shock Quiz to greatly help readers learn about their personal sugars addiction.
- Affirmations to refresh, rejuvenate, and renew your brain, body, and spirit.
- Basic meal plans, tasty dishes, and a food/life-style pyramid that shows readers how to let go of quickie carbs and nonfoods (the Standard American Diet or SAD) and instead enjoy actual, wholesome, health-giving nutrition.—
- Remarkable success tales with before-and-after photos.
- and that her customers and Sugar Freedom At this point participants now make use of—
- Entertaining, interactive "adventurcises" (adventurous exercises) such as "Do Sugary Soul Searching," "Party with the Produce," and "Snatch the E-Z Vitamins.

In *Beyond Glucose Shock*, readers will see away that letting go of their sugar or carb addiction is much simpler than it appears— Easy, tried-and-true methods that Connie used—the book that Mehmet Oz said "spills the beans" on the shocking impact of sugar and simple carbohydrates— Dozens of easy ideas and tactics to stomp out carb cravings."•and it can even be fun! As soon as they've addressed their addiction, readers can not only appear and feel better, but will also experience an overpowering feeling of joyous freedom and a sweeter, balanced life.



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Very helpful! I can't understand some of the negative evaluations. My only reason behind not giving it 5 celebrities, is because I love recipes and I would have loved more :) Go understand this book ! She offers specific tips for analyzing your sugars tendencies, motivation, convenient lists of what can certainly help in recovery, etc. That is from a person who understands the addiction procedure, as she has experienced it herself. Evidence POSITIVE, I have come that far! I've always discovered Connie and her composing to be upbeat and inspiring. I love it This book is an excellent contribution to the field of weight loss... I am really looking forward to delving into this publication, "Beyond Glucose Shock" to obtain a more comprehensive view of what glucose is doing to my own body and how to combat it.. Everyone who's eating sugar right now needs to read this book and be alert to what sugar is doing to them! Delightful and Encouraging I became a "Sugar Shock" believer over a year ago, as I began my own journey to fight this hideous addiction. I have some older books on my shelf, that I learned even more about sugars and carbs and their effect on wellness, than from "Coach Connie," including It finally swept up with me (and it'll with everyone sooner or later) leaving me suffering with dozens of sugar related diseases, all of which have been reversed, including diabetes. The 70 pound weight loss was an added sweet reward and I am right now healthier and at my desired pounds! This book is wonderful for everyone as most of us need to eat much less sugar.! "Beyond Sugar Shock" delivered the goods, and unlike others who may have been offended by the cover photo of cupcakes, I was NOT offended because I was no more drawn to such an image with a drooling desire. So I eagerly began scanning this book when it was delivered..So far as comments in the cover, Connie has mentioned in other places that she realizes the cover might not have been the wisest choice, and that some individuals have chosen to cover it up since it bothers them, and she's asked designed for feedback about that issue. Many thanks Connie to carry the torch! COCAINE offers nothing on our culture when it come to SUGUAR. By making it fun, it make's the journey a little less unpleasant and more teamlike. Each one of us captured in this internet of sugar addiction must experience they've GOT what it takes to kick it!! Connie delivers that belief. Sugars WILL. The real life success stories contained in the publication ( with a surprise access of an extremely visible television character) are accompanied with photos, giving proof once more that leaving sugars behind, can be carried out. The emphasis in the reserve on Affirmations and Self Talk are what they are, and although not for everybody, they DO change lives. I would say the "unfavorable Nancy" personality who gets their practical this book, of most people, is the person who would surely benefit the most by carrying out affirmations! Visually, the reserve reads with ease, providing the reader a variety of page lay-outs that include tips, places to journal and response questions. The countless resources at the end of the book, along with the quality recipes for success, are valuable and present the reader an excellent tool box to get started. I found the reserve to be extremely useful in all respects.! DRUGS WON'T KILL OUR NEXT Era. Some of my latest physicals have verified that I have to be cautious about my sugar intake. This reserve is filled with Connie's infectious upbeat energy, and frankly, with such a serious subject at hand, needs a playful, yet effective message. I loved the publication "Sugar Shock" I loved the reserve "Sugar Shock", which was a major eyesight opener for me! Stuff I suspected was occurring to me when eating sugar but hardly ever really did any study on it... READ THIS BOOK I actually don't review books because everyone likes what they like. The included 6 week program, divided into three sections individually devoted to "YOUR BRAIN", "THE BODY" and "Your Spirit", leaves no rock unturned, and lays the building blocks for moving to the next degree of progress. When People in america discuss how they can't cease eating we sound like somebody who needs a COME TO JESUS MEETING..... READ AND CARRY AROUND

JUST LIKE A BIBLE!!! I am in the Health and Wellness sector ,and as a recovering glucose addict myself, I go through it desiring to get a lot more insight and encouragement. Connie provides excellent tools to make living sugar free and having a truly sweet life not only possible but very exciting! A must read for sweet addicts I have already been trying for a long time to limit my sweet food intake. This may be the book I need to finally curtail my cravings. Unfortunately, I couldn't even finish it although I tried. Not useful for anybody else . I recommend it highly. Five Stars Great reserve. I downloaded the reserve as soon as it had been available, and I wasn't disappointed. And also explaining sugar addiction, it gives the reader concrete actions to take to bolster confidence and increase self-worth of BEFORE you remove sugars from your diet - significantly less painful, plus much more most likely to succeed. It also gives the reader understanding of how addiction occurs, and the techniques to take to avoid cross-addiction and positive techniques to remove addiction from your life completely, 5 starts Great books. The Really Sweet life can be done! I think this is a fabulous book to greatly help people notice how sugar is indeed prevalent and how it's consumption may negatively impact our days, our lives and our health and wellness.! This book is for.. I have started reading it and love what I've read so far. - THE overweight - The sugars junkies that appreciate sweets - the Diabetic/pre-diabetic crowd. This book shows us the way to steadily cut the use of unhealthy processed food items from our diets to eat fresh, entire foods and invert years of issues with our health and energy levels.." This book is chaos. I've learned from encounter that when I consume sugary foods, and starchy carbs, I gain weight and don't feel within my best. This reserve put lots of time an research to explain the dangers of glucose and how exactly we as a society are addicts of sugars.. It definitely makes me clearly alert to the hazards of over indulgence in not merely white glucose but all of the various other "quick carbs" that a lot of Americans use to excessive in our daily diet programs, without even thinking about them. There as simply too much rah-rah vocabulary, shameless self-promotion, and silliness, among various other shortcomings currently well-covered by prior testimonials. My hubby, however, showed indicators of needing to curtail his glucose habits. I'm done with "Coach Connie. It's a mess I had such hopes because of this book when I came across it available to go through and review in the Amazon Vine Program. My love affair with sugar goes back over 50 years to childhood. Most Helpful Book I came across this book to end up being very helpful in finding out if one does indeed have a "sugars problem" or not. After taking the check in the very beginning of the book, I came across that sugar was not problematic in my body. At the umpteenth reiteration of a sidebar titled "Coach Connie's Sweet Success Technique," I was nearly nauseous. Connie clearly explained the impact sugar is wearing the body in her publication "Sugar Shock", but it was her newest release "Beyond Glucose Shock" that required it to the next level. The recipes by itself are worthy of purchasing the reserve. It is well-written and most helpful. I would recommend this book to close friends.



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