



Sugar Busters!: Cut Sugar to Trim Fat

H. Leighton Steward, Morrison C. Bethea, Sam S. Andrews, Luis A. Balart

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The #1 New York Times Best seller

It's Time to Face Facts. Low-fat diets don't work.

Thousands of dieters on low-fat, high-carbohydrate regimes gain back their weight and more, often wreaking unhealthy havoc on their bodies. Why? Because the culprit isn't too much fat, it's too much sugar - and low-fat food is full of it. The truth is sugar causes the production of insulin, which, in large amounts, keeps you from losing weight, no matter how strictly you diet or how often you exercise. Just look at the ingredients of your favorite foods: sugar is everywhere. So how can you possibly avoid it? The answer: Sugar Busters!™

Written by three renowned physicians and a CEO of a Fortune 500 company, Sugar Busters!™ is a revolutionary new diet plan based on sound nutritional principles that shows you how to reduce the sugar in your daily menu. This effective and groundbreaking program steers you away from overhyped (and insulin-stimulating) foods such as potatoes and pasta, white bread and white rice, carrots and corn and leads you toward a sensible consumption of delicious foods once considered taboo.

With Sugar Busters!™ you will

- Discover which foods to eat at what time of day
- Avoid food combinations that add pounds
- Learn the myths of calories, fats, cholesterol, and weight gain
- Feel great, increase your energy, and prevent chronic disease

Simple, practical, and easy to adapt to your busy lifestyle, Sugar Busters!™ is the diet of the future; an amazing new approach to eating, nutrition, and health. Throw away your fat-gram counters. Forget those outdated calorie concepts. Feast on a delicious diet-healthy menu of lean red meat, lamb chops, salads with Roquefort dressing, even red wine and still lose weight!

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