

# 10 REASONS TO QUIT SUGAR



10 WAYS IN WHICH EATING TOO MUCH SUGAR CAN AFFECT YOUR HEALTH

## #1 DIABETES

Until recently, researchers believed that obesity was the major cause of diabetes, not sugar. However, new research has shown that sugar has a contributory effect to diabetes, beyond simply the calories that it contains. An increase of roughly one can of soda per day was associated with a 1.1% increase in diabetes prevalence. [1]

## #4 ASTHMA

In a 2012 Australian study, children who drank more than half a liter of soft drinks per day were significantly more likely to suffer from asthma or COPD. The greater the consumption of soft drinks, the more likely an individual is to suffer from one of these respiratory conditions. [13]

## #6 IMBALANCED GUT FLORA

Research shows that switching to a high-sugar diet can alter the composition of your gut flora within 24 hours. [8] Imbalances in our gut flora can weaken immunity, impair digestion, increase inflammation, and much more.

## #8 INCREASED RISK OF CANCER

Sugar consumption has been linked to increased risk for ovarian cancer [9], esophageal cancer [10], and endometrial cancer [11], among others. Sugar also leads to obesity, which has been linked to a longer list of cancers.



## #2 IMPAIRED LEARNING & MEMORY

A UCLA study shows that a diet high in fructose can impair the ability to learn and remember. This is particularly concerning given the consumption of high-fructose corn syrup. A diet rich in omega-3 can reduce the damage. [5]

## #3 TOOTH DECAY

The link between sugar and tooth decay is well established. There is also significant evidence that maintaining your intake of excess sugars at below 5% of your diet will help to avoid cavities. [6]

## #5 HEART DISEASE

A 2014 study examined sugar consumption and heart disease. Those individuals who consumed 25% of their calories in the form of sugar were found to have double the risk of heart disease vs those whose intake was 7%. [2]

## #7 OBESITY

Studies in both adults and children have demonstrated a link between sugar sweetened beverages and weight gain. [3] In 2014 the Obesity Center revised its guidance and recommended that children minimize their intake of these drinks. [4]

## #9 HIGHER CHOLESTEROL

Researchers at Emory University found that increased sugar consumption increased several risk factors for heart disease, including the amount of LDL cholesterol and the ratio between LDL ('bad') cholesterol and HDL ('good') cholesterol. [12]

## #10 FASTER AGING

It has long been known that diabetics age faster than other people. Excess blood sugar leads to glycation, when sugar binds with amino acid molecules. The resulting 'advanced glycation end products' prematurely age our skin, and are a factor in many age-related diseases. [7]

Created by Lisa Richards, digestive expert and creator of [TheCandidaDiet.com](http://TheCandidaDiet.com)

Lisa's book, *The Ultimate Candida Diet Program*, contains strategies designed to improve digestion, boost immunity, and improve overall health, through the encouragement of healthy, balanced gut flora.

### Sources:

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5. Agrawal et al. (2012). "Metabolic syndrome in the brain: deficiency in omega-3 fatty acid exacerbates dysfunctions in insulin receptor signaling and cognition."
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11. Moore-Choi et al. (2013). "Sugar-Sweetened Beverage Intake and the Risk of Type I and Type II Endometrial Cancer among Postmenopausal Women."
12. Welsh et al. (2010). "Caloric sweetener consumption and dyslipidemia among US adults."
13. Shi et al. (2012). "Association between soft drink consumption and asthma and chronic obstructive pulmonary disease among adults in Australia."

# I Quit Sugar

**Daniel F McAuley**



## **I Quit Sugar:**

*I Quit Sugar Cookbook* Sarah Wilson, 2013-12-11      *The I Quit Sugar Cookbook* Sarah Wilson, 2016-03-15 From New York Times bestselling author of *I Quit Sugar* comes a cookbook with more than 300 satisfying recipes that make giving up sugar simple, sustainable and delicious. Sarah Wilson's sugar-free promise is more than just a way of eating; the benefits to overall wellbeing, fewer mood swings, improved sleep patterns and maintaining weight control have transformed the idea into a way of life. With her new cookbook filled with one-pan wonders, grain-free breakfasts, leftover makeovers, smoothie bowls and more, Sarah shows us that eliminating sugar is not only doable but is also so delicious. Recipes include Bacon N Egg Quinoa Oatmeal, Caramelized Leek, Apple and Rosemary Socca, Two Minute Desk Noodles, Red Velvet Crunch Bowl and Chocolate Peanut Butter Crackles.

**I Quit Sugar** Sarah Wilson, 2014-04-08 NEW YORK TIMES BESTSELLER A week-by-week guide to quitting sugar to lose weight, boost energy and improve your mood and overall health with 108 sugar-free recipes. Life without sugar is much sweeter than I ever imagined it would be. Shauna Ahern, *Gluten Free Girl*, Sarah Wilson thought of herself as a relatively healthy eater. She didn't realize how much sugar was hidden in her diet or how much it was affecting her wellbeing. When she learned that her sugar consumption could be the source of a lifetime of mood swings, fluctuating weight, sleep problems and thyroid disease, she knew she had to make a change. What started as an experiment to eliminate sugar, both the obvious and the hidden kinds, soon became a way of life, and now Sarah shows you how you can quit sugar, too. Follow a flexible and very doable 8-week plan. Overcome cravings. Make food you're excited to eat with these 108 recipes for detox meals, savory snacks and sweet treats from Sarah Wilson and contributors including Gwyneth Paltrow, Curtis Stone, Dr. Robert Lustig, *The Fat Chance Cookbook*, Sarma Melngailis, *Raw Food Real World*, Joe the Juicer, Cross and Angela Liddon. Oh, she glows! *I Quit Sugar* makes it easy to kick the habit for good, lose weight and feel better than ever before. When you are nourished with delicious meals and treats, you won't miss the sugar for an instant.

*I Quit Sugar: The Ultimate Chocolate Cookbook* Sarah Wilson, 2016-03-17 Quitting sugar but still dreaming of a world filled with chocolate? Us too! You don't have to quit chocolate when you quit sugar. Ditch the guilt and sink your teeth into the ultimate 100 sugar-free chocolate recipes. Because living sugar-free doesn't have to be tasteless or boring. This isn't our first chocolate cookbook. We have chocolate recipes coming out of our ears. But this is the first one that pulls all the best recipes into one single book. The ultimate chocolate cookbook if you like 100 sugar-free recipes. Step-by-step instructions. Paleo, gluten-free, kid-friendly, nut-free and vegan options. An entire lush sugar-free Easter chapter.

[I Quit Sugar: The Complete 8-Week Program](#) Sarah Wilson, Sarah Wilson was addicted to sugar. She needed it every day. She convinced herself it was good sugar. But sugar is sugar. And it was making her sick, tired and bloated. She set about researching all the different ways to quit the stuff. It took a while. But in the process, she found what works for good and developed *The Complete 8-Week Program* that outlines easy techniques that are kind, sensible and totally work. This book is perfect for you if you're ready to quit sugar or have tried on your own.

and can't get past the first few days there's a very important reason for this which we'll be sharing. Looking for a detailed explanation of why you should quit sugar alongside an in-depth step-by-step guide. Searching for tools to accurately track weight loss and health progress. After 50 introductory recipes to support your sugar quitting journey. Looking for guidance through the various stages of detox. Sarah Wilson and the I Quit Sugar team. Keen for advice on how to kill cravings in an instant. Looking to restock the fridge, pantry and freezer with ready-to-go sugar-free foods. Ready for a total lifestyle change, not just a quick fix.

[I Quit Sugar Clean 'n' Green Smoothies](#) Sarah Wilson, 2014-09-15. The I Quit Sugar Clean n Green Smoothies eBook has arrived just in time for a sugar-free Summer. This neat little eBook is loaded with 35 densely nutritious green smoothies to help you cleanse the body, reduce bloating, shed some winter kilos and kickstart your day. Whether you're a smoothie aficionado or a total novice, this book covers all bases. In this book, you'll find Sugar-free scoopable smoothie bowls, Breakfast whips and overnight oats, 8 Week Program approved blends, Show-stopping layered mousses, Smoothie toppers, The benefit of a green-packed breakfast, A breakdown of green smoothies vs green juices, What ingredients to use instead of high fructose bananas, How to store and freeze ingredients, What to look for when choosing your blender. With personal tips from Sarah Wilson as well as contributions from smoothie fanatics and wellness authors Joe Cross, Tess Masters and Lauren Slayton, this book will be an investment in your health and wellbeing. The Clean n Green Smoothies eBook also includes a bonus converter for metric and imperial measurements, Paleo, vegan and gluten-free recipes.

**I Quit Sugar Slow Cooker Cookbook** Sarah Wilson, 2014-07-09. What's inside this eBook? In this book, you'll find various sugar-free chapters including Weekday Dump n Run, Fuss-free recipes you can throw together in the morning and come home to at night, Soups, Stews and Curries, Lush curries and hearty stews to get you through winter, Hearty Breakfast, Overnight breakfast packed with extra nutrition and ready to devour in the morning, Cakes n Puds, Oozy chocolate brownies, light and moist cakes and classic family favourites, Same same But Different. All your sugar-laden favourites with an IQS makeover. You'll also find celebrity contributions from Margaret Fulton, Kate Gibbs and Matt Preston. More about the book: Building on the nutritional concepts explored in Sarah Wilson's second print book, international best-seller *I Quit Sugar for Life*, the Slow Cooker Cookbook is a compilation of densely nutritious meals that are affordable and easy for families and solos.

[I Quit Sugar: Smoothies, Bowls and Drinks](#) Sarah Wilson, 2017-11-28. Embrace a sugar-free summer with these super hydrating, nourishing and refreshing smoothies. With more than 60 recipes to choose from, these whole natural smoothies are packed with veggies, a little fruit and plenty of healthy fats and protein. Their simplicity also means you can nourish your body with maximum flavour and minimum fuss, even when you need to grab breakfast on the go. Master the art of delicious smoothie toppers, blitz lush smoothie bowls and create show-stopping whips to impress your friends and family.

*The Illinois Retail Merchants' Journal*, 1921.

[The Anti-Anxiety Diet](#) Sarah Wilson, 2018-03-13. From the New York Times bestselling author of *I Quit Sugar* and *First We Make the Beast Beautiful*, comes this proven 2-week plan for reducing anxiety and beating one of its leading causes.

sugar addiction using 8 simple sustainable dietary shifts Eating more than 6 teaspoons of sugar a day No wonder you re anxious Anxiety has a lot do to with lifestyle choices including what you put in your mouth Sarah Wilson is an expert on sugar addiction and its connection to the most widespread mental health concern chronic anxiety affecting millions worldwide today One in six people in the West alone suffer from an anxiety related illness While scientists know that anxiety is a chemical imbalance in the brain recent studies have linked this condition to sugar consumption and inflammation in the gut In The Anti Anxiety Diet Wilson unravels the cutting edge science linking sugar addiction inflammation and gut health to mental health If you have fire in the gut Sarah advises you have fire in the brain And sugar is the primary culprit The Anti Anxiety Diet is her simple 2 week jumpstart plan for eliminating sugar from your diet Packed with delicious easy to prepare recipes 4 color photos and detailed meal plans it shows you how to replace the bad stuff sugar with the good stuff whole unprocessed foods to soothe and ultimately tame the anxious beast

**The Wholesome Cook** Martyna Angell,2015-10-01 Refined sugar free wholefood recipes for the way we eat now Paleo friendly Vegetarian and vegan options Dairy free options Gluten free options for every recipe Real food recipe The Wholesome Cook encapsulates the modern way to eat waving goodbye to fake foods in our diets Martyna s recipes are not about fad diets or quick fixes these are recipes which will inspire a lifestyle change The real food lessons we learn from The Wholesome Cook are lifelong and life changing Hetty McKinnon owner of Arthur Street Kitchen author of Community Salad recipes from Arthur Street Kitchen These days we all want to eat the kind of food that doesn t compromise on flavour or health clean wholefoods fresh fruit and vegetables and pasture raised meat But with so many diet and lifestyle choices available and food intolerances and sensitivities on the rise foods that work well for one person may not necessarily work well for others Taking a unique approach to this problem award winning blogger and talented cook Martyna Angell brings you The Wholesome Cook more than 170 brand new recipes that cater to common dietary restrictions and choices as well as your palate These delicious wholefood recipes all have gluten and refined sugar free options Many are paleo friendly vegetarian vegan dairy free and low FODMAP This flexibility will help you to navigate today s landscape of over processed foods and adopt a healthy diet that works for you and those around you Martyna draws on her background as a health coach regular columnist for Nourish magazine and cookbook recipe writer to give you stylish recipes that turn favourite junk foods such as pizza nachos burgers and cake into healthy wholefood classics that nourish your body The Wholesome Cook is the go to guide for anyone pursuing a creative approach to food and a healthy balanced lifestyle

**I Quit Sugar 5-Day Detox** Sarah Wilson, The 5 Day Detox is a no fuss nutritionally dense meal plan designed to get you back into the swing of healthy eating

**Supreme Court** , Life ,1904 *Annual Report of the Minnesota State Horticultural Society* Minnesota State Horticultural Society,1885 The Cultivator & Country Gentleman ,1893 *State Taxation and Economic Development* Roger J. Vaughan,1979 *Annual Report of the Indiana State Board of Agriculture* Indiana. State Board of Agriculture,1884 Vols for 1869 include Annual report of the Geological Survey of Indiana

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