



# The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally

By Diane Sanfilippo BS NC

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*The 21-Day Sugar Detox* is a clear-cut, effective, whole-foods-based nutrition action plan that will reset your body and your habits! Tens of thousands of people have already used this groundbreaking guide to shatter the vicious sugar stronghold. Now it's your turn!

Use the easy-to-follow meal plans and more than 90 simple recipes in this book to bust a lifetime of sugar and carb cravings in just three weeks. Three levels of the program make it approachable for anyone, whether you're starting from scratch or from a gluten-free, grain-free, and/or Paleo/primal lifestyle.

*The 21-Day Sugar Detox* even includes special modifications for athletes (endurance, CrossFit, HIIT-style, and beyond), pregnant/nursing moms, pescetarians, and people with autoimmune conditions.

What you'll experience on this program will be different from a lot of other "diet" programs out there that promote extremely restricted eating; encourage you to consume only shakes, juices, or smoothies; or rely heavily on supplements and very-low-calorie or very-low-fat diets to ensure success. The goal of any detox program *should* be to support your body in naturally cleansing itself of substances that create negative health effects--and that's exactly what *The 21-Day Sugar Detox* does.

By focusing on quality protein, healthy fats, and good carbs, this program will help you change not only the foods you eat, but also your habits around food, and even the way your palate reacts to sweet foods. You'll likely complete the program and continue eating this way much of the time thereafter because you'll feel so amazing. After changing your everyday eating habits, you will begin to gain a new understanding of how food works in your body--and just how much nutrition affects your *entire* life. There's no reason to wait!

**Sugar is taking over our lives.**

But why? And is it only those sweet, refined white crystals that are causing us problems, or could there be more to the story?

Let's be honest: The problem isn't just sugar itself. It's the refined, nutrient-poor carbohydrates that carry tons of calories, but no real nutrition. In our world, these are the easiest foods to grab on the go, but they leave us fat, sick, tired, and downright unhappy.

The effect that sugar, "hidden" carbs, and refined, processed foods have on our bodies goes far beyond our waistlines. We can't focus, we can't sleep, we have irrational mid-afternoon cravings, and we can't even make it through the day without wanting--or needing--to prop up our energy levels with caffeine or even more sugar! What can we do to break free from this cycle? ***The 21-Day Sugar Detox*** is here to help.

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### Editorial Review

#### Review

"My eating habits had gotten out of control—I was binge-eating late at night because I had spent the day eating as little as possible. The 21DSD made me realize that you don't have to be hungry to see results!"—Alex T., New Zealand

"After reading rave reviews, I gave [The 21DSD] a try, and I loved it! After about a week, my cravings for sugar were nil, I was no longer waking up at 4am starving, and I had a lot more energy—no more dragging myself through the day with huge amounts of coffee!"—Sasha B., Washington

"I am so thankful for the information and support this program provided me. It literally changed my relationship with sweets and helped me regain my health."—Keri B., Missouri

"*The 21-Day Sugar Detox* was very difficult for me, but I was losing weight for the first time in years! And now I know exactly what foods I must avoid in order to continue dropping the pounds. I'm so glad I gave it a try!"—Laurie K., Utah

"Ever try to abandon sugar and carbohydrates cold turkey? Then you know that it just doesn't work—the cravings always come back. But in *The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally*, author Diane Sanfilippo offers an easy-to-follow meal plan that'll wean you off unhealthy sweets..." —*Women's Health Magazine*

"I'm a faithful fan of Diane Sanfilippo and her 21 Day Sugar Detox. I really truly believe it was instrumental in jump starting my path to healthy living. I do not believe I could have successfully lost nearly 90 pounds without first squashing my sugar cravings. I am very happy to have been given the chance to pour over the new **21 Day Sugar Detox BOOK** before it was even available in stores and to tell you what I think."  
—author of popular website *ohrheally*

"Diane has crafted a dynamic diet detox book that can help you kick the sugar habit in less than a month: *The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally*...But you don't have to be a Paleo fan to benefit from her new book. All you need to have is a desire and willingness to improve your health by improving your diet." —Joanne Eglash, *The Examiner*

"The book is laid out in an easy-to-read, aesthetically-pleasing way. Diane doesn't SHAME you for eating sugar, no way! She even shares her own personal history with sugar! Then she explains what sugar does in your body and why it can be helpful to pay attention to your intake. There is SO much structure if that's what you like, and SO much flexibility if that's your game! You can either follow a meal plan or just follow the Yes/No Food List. Or a bit of both!" —Sassy Celiac

#### About the Author

**Diane Sanfilippo** holds a BS from Syracuse University and is a Certified Nutrition Consultant who specializes in blood sugar regulation and digestive health. She is the *New York Times* best-selling author of *Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle*. Diane writes the popular health blog *Balanced Bites* ([balancedbites.com](http://balancedbites.com)), teaches nutrition seminars nationwide, and has a top-rated weekly health podcast, *The Balanced Bites Podcast*.

After years of fat-fearing, point-counting, undereating, and over-exercising to lose weight, Diane felt awful. But everything began to change when she learned that eating more balanced meals that focus on adequate protein, plenty of fat, and lots of veggies could help her feel better. Her own journey, years of holistic nutritional studies, and half a decade working with clients led her to develop *The 21-Day Sugar Detox* as a way to help others jump-start the process of kicking sugar and carb cravings and get off the blood sugar roller-coaster. Thousands of people have successfully completed the program, and Diane looks forward to guiding the readers of her book through the process of liberating themselves from the chains of sugar.

## **Users Review**

### **From reader reviews:**

#### **Cameron Keller:**

The feeling that you get from *The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally* may be the more deep you looking the information that hide inside words the more you get thinking about reading it. It does not mean that this book is hard to comprehend but *The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally* giving you joy feeling of reading. The copy writer conveys their point in a number of way that can be understood by anyone who read that because the author of this reserve is well-known enough. That book also makes your current vocabulary increase well. Making it easy to understand then can go along with you, both in printed or e-book style are available. We advise you for having that *The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally* instantly.

#### **Geraldine Moreno:**

Reading can called mind hangout, why? Because while you are reading a book particularly book entitled *The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally* your mind will drift away trough every dimension, wandering in every single aspect that maybe unknown for but surely will end up your mind friends. Imaging each word written in a publication then become one form conclusion and explanation this maybe you never get ahead of. The *The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally* giving you a different experience more than blown away the mind but also giving you useful data for your better life within this era. So now let us teach you the relaxing pattern here is your body and mind will be pleased when you are finished looking at it, like winning a. Do you want to try this extraordinary spending spare time activity?

#### **Steven Thomas:**

This *The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally* is great e-book for you because the content that is full of information for you who all always deal with world and also have to make decision every minute. This kind of book reveal it facts accurately using great coordinate word or we can declare no rambling sentences included. So if you are read it hurriedly you can have whole facts in it. Doesn't mean it only provides you with straight forward sentences but tricky core information with wonderful delivering sentences. Having *The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally* in your hand like getting the world in your arm, information in it is not ridiculous 1. We can say that no e-book that offer you world throughout ten or fifteen tiny right but this e-book already do that. So , this is good reading book. Hey Mr. and Mrs. stressful do you still doubt that?

**Rafael Perez:**

As we know that book is essential thing to add our information for everything. By a book we can know everything we wish. A book is a list of written, printed, illustrated or perhaps blank sheet. Every year ended up being exactly added. This e-book The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally was filled with regards to science. Spend your free time to add your knowledge about your research competence. Some people has different feel when they reading a book. If you know how big advantage of a book, you can feel enjoy to read a e-book. In the modern era like now, many ways to get book which you wanted.

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