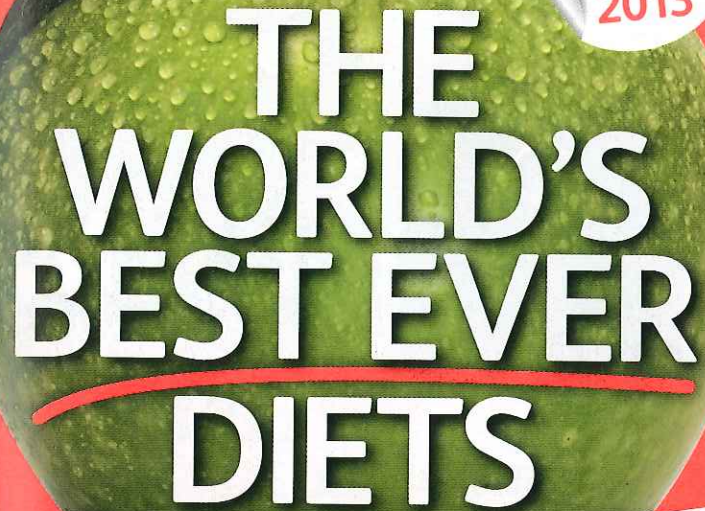


AUSTRALIA'S NO.1 WEEKLY MAGAZINE
Woman's Day

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the one
for you in
2013



**THE
WORLD'S
BEST EVER
DIETS**

**+ THE ONLY EXERCISES
YOU'LL EVER NEED**



Harvey Norman®

THE I QUIT SUGAR DIET

BEST FOR HEALTH FANATICS

OVERVIEW

Journalist, health coach and “sugar addict” Sarah Wilson cut the sweet stuff from her diet two years ago in order to heal her autoimmune disease.

She felt amazing as a result – and decided to write an eight-week detox program to help others do the same, publishing it as an e-book.

The printed version (to be released January 24) includes the core program but contains additional content and recipes.

You don’t have to go cold turkey on this program – weeks one and two are about cutting down until you completely cut the ties in week three. There’s not a structured

eating plan – it’s really a detox, not a weight-loss plan – but instead has tools to educate yourself about sugar in food and tips on how to manage the transition.

YOU’LL EAT...

From 108 sugar-free recipes. Some contain everyday ingredients and some are probably new to your pantry – cacao nibs, activated almonds, coconut water and sugar alternatives like stevia.

YOU WON’T EAT...

Sugar, including what’s hidden in common foods, and gluten and grains. Sarah explains that “starches from grains can feed the sugar addiction”.

EXERCISE

Nothing is specifically recommended but more energy is promised.

✓ PROS It promotes a nutrient-rich diet of wholefoods and conscious eating.

✗ CONS It’s quite involved, with lots of food prep, and is not very family-friendly.

FAST FACTS



Cost: \$34.99 for the hard copy (on sale January, Pan Macmillan), or \$15 for the online program (compatible with iPad, iPhone, Nook, Kindle, Sony Reader).

Real life

“My skin cleared up”

Student Rebecca Read quit sugar and also lost 10kg
“I saw a documentary about the US food industry and how corn sugar was in processed foods. I then did some research, which led me to Sarah’s blog and the *I Quit Sugar* e-book.

Since quitting sugar, my spots have cleared up and I have a lot of energy. My weekly grocery bill has also gone down. I used to have two bottles of orange juice and two loaves of white bread a week. I also ate TV dinners but I now buy fresh ingredients and actually make something.”



SAMPLE DAY’S FOOD

BREAKFAST
Coco-nutty granola



SNACK
Kale chips

LUNCH
Warm sprouted pea hash



SNACK
Spirulina and sesame balls

DINNER
Summery quinoa tabouli



The expert view

“You don’t have to eat obscure food to reduce your risk of chronic disease. A balanced approach to eating smaller portions of starches and sugars will have the same effect. For busy people with limited food prep time and knowledge, this diet would be very challenging.”