



JJ Virgin's Sugar Impact Diet: Drop 7 Hidden Sugars, Lose Up to 10 Pounds in Just 2 Weeks

By J.J. Virgin

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THE NEW YORK TIMES BESTSELLER

Outsmart Sneaky Sugars to Lose Fat Fast!

If you're eating healthy, but just can't seem to lose weight, you're not alone. Sugar is the single biggest needle mover when it comes to your health and the number on the scale, but sugar hides in places you'd never expect: whole foods, diet foods, packaged foods, dressings . . . even sugar substitutes. And it's not enough to cut out or cut back on sugar—you have to cut out the right kinds of sugar.

In this groundbreaking book, *New York Times* bestselling author JJ Virgin explains the powerful concept of Sugar Impact: how different sugars react differently in the body. High Sugar Impact foods cause weight gain, energy crashes, and inflammation. Low Sugar Impact foods fuel your body for prolonged energy and promote fat burning. This eye-opening book pinpoints the most damaging sugars that we eat every day—without even realizing it—in common foods like skim milk, diet soda, whole-grain bread, and "healthy" sweeteners like agave.

By swapping high Sugar Impact foods for low Sugar Impact foods you will shed fat fast—up to 10 pounds in 2 weeks!—and transform your body and your health for good. Best of all, you don't need to eliminate sugar completely or count calories. Prepare to:

- Lose the bloat
- Target belly fat
- Rev your metabolism
- Cut cravings
- Become a fat burner, not a sugar burner
- Lose fat fast—and forever!

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Editorial Review

Review

"*JJ Virgin's Sugar Impact Diet* can help save your brain and your life. Numerous studies show that sugar can be addictive and pro-inflammatory and lead to a number of devastating illnesses. If you want a better brain, I highly recommend this book."?Daniel G. Amen, MD, *New York Times* bestselling author of *Change Your Brain, Change Your Life*

"Opens your eyes to how much sugar you're really eating, and provides an actionable plan to cut down on the sweet stuff and feel better fast."?Mark Hyman, MD, author of the #1 *New York Times* bestseller *The Blood Sugar Solution 10 Day Detox Diet*

"In line with leading-edge science, JJ Virgin presents a radical and empowering new way to look at sugar."?David Perlmutter, MD, FACN, #1 *New York Times* bestselling author of *Grain Brain*

"Breaks through the myths and provides a clear and realistic path to health. This book is life changing!"?Cynthia Pasquella, CCN, author of *P.I.N.K. Method* and *The Hungry Hottie Cookbook*, and founder of the Institute of Transformational Nutrition

"Follow JJ Virgin's advice if you want to live longer, feel better, and be more vibrant. You will never look at sugar the same way again."?Tara Amen, BSN, RN, *New York Times* bestselling author of *The Omni Diet*

"In her newest book, *JJ Virgin's Sugar Impact Diet*, author JJ Virgin takes no prisoners. She delivers a hard-hitting, no-holds-barred, crystal clear message on how to identify and eliminate the astounding and myriad forms sugars have taken in our diets. Follow her advice and you will discover answers to why weight and healthy can prove so elusive despite the best intentions."

--William Davis, MD, #1 *New York Times* bestselling author of *Wheat Belly*, *Wheat Belly Cookbook*, and *Wheat Belly 30-Minute (or Less!) Cookbook*

About the Author

JJ Virgin, CNS, CHFS is the author of *JJ Virgin's Sugar Impact Diet*, as well as two *New York Times* best selling books *The Virgin Diet* and *The Virgin Diet Cookbook*. An internationally recognized expert in weight loss, Virgin has appeared on *The Doctors*, the *Rachael Ray Show* and *Today*, among many other programs, and blogs frequently for the *Huffington Post*, *Prevention* magazine, and *Livestrong.com*.

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Verna Smith:

Do you considered one of people who can't read enjoyable if the sentence chained within the straightway, hold on guys that aren't like that. This JJ Virgin's Sugar Impact Diet: Drop 7 Hidden Sugars, Lose Up to 10 Pounds in Just 2 Weeks book is readable by simply you who hate those straight word style. You will find the

information here are arranged for enjoyable reading through experience without leaving also decrease the knowledge that want to offer to you. The writer involving JJ Virgin's Sugar Impact Diet: Drop 7 Hidden Sugars, Lose Up to 10 Pounds in Just 2 Weeks content conveys prospect easily to understand by many individuals. The printed and e-book are not different in the articles but it just different available as it. So, do you even now thinking JJ Virgin's Sugar Impact Diet: Drop 7 Hidden Sugars, Lose Up to 10 Pounds in Just 2 Weeks is not loveable to be your top record reading book?

Jeffrey Lockwood:

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Gregory Phipps:

What is your hobby? Have you heard that will question when you got pupils? We believe that that problem was given by teacher to their students. Many kinds of hobby, Every individual has different hobby. Therefore you know that little person such as reading or as examining become their hobby. You need to understand that reading is very important as well as book as to be the issue. Book is important thing to add you knowledge, except your teacher or lecturer. You discover good news or update in relation to something by book. Amount types of books that can you choose to use be your object. One of them is JJ Virgin's Sugar Impact Diet: Drop 7 Hidden Sugars, Lose Up to 10 Pounds in Just 2 Weeks.

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