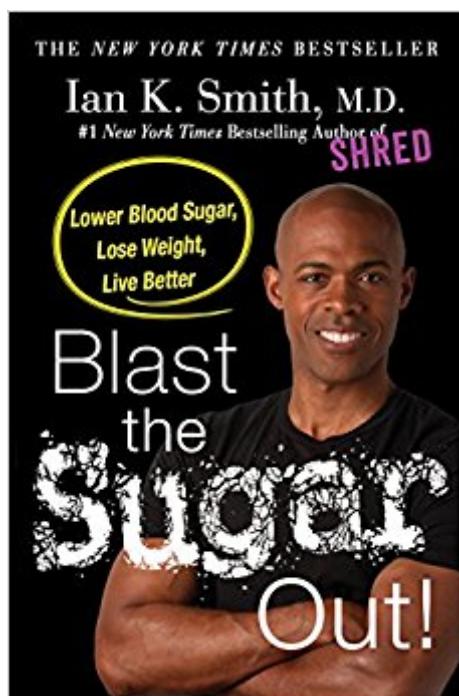


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# Blast The Sugar Out!: Lower Blood Sugar, Lose Weight, Live Better



## Synopsis

Do you want to lose weight? In *BLAST the Sugar Out!*, Ian K. Smith, #1 New York Times bestselling author of *The Shred Power Cleanse*, will guide you to eat well—and frequently—while controlling carbohydrates and dropping pounds to get to goal. You will lose weight on this diet—and start losing fast. Has your doctor suggested you get your blood sugar numbers down? This 5-week plan comprised of simple, affordable, accessible food as well as more than 50 sugar swaps will immediately lower your blood sugar levels painlessly and easily. Do you need a plan that will decrease your fat and increase your lean muscle? The *BLAST the Sugar Out!* five-week program is structured and clear about what you must eat at meals and for snacks every day to keep on track. There is no meal skipping, plenty of food, and short bursts of exercise to super-charge your results. You won't be hungry on *BLAST the Sugar Out!* You'll eat, drink, and learn to really taste good food again. Features more than 45 recipes for breakfast, lunch, dinner and smoothies to satisfy every craving.

## Book Information

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## Customer Reviews

Ian K. Smith, M.D. is the #1 New York Times bestselling author of *SHRED*, *SUPER SHRED*, *THE SHRED POWER CLEANSE* and other top-selling titles. He has created two national health initiatives—the 50 Million Pound Challenge and the Makeover Mile—and has served two terms on the President's Council on Fitness, Sports, and Nutrition. A graduate of Harvard, Columbia, and the University of Chicago's Pritzker School of Medicine, Smith is an avid

fitness enthusiast and sportsman.

Because of all the recent information I have come across on how bad sugar is for all of us, I wanted to take a more in-depth look at this subject. Blast the Sugar Out offers a very comprehensive look at the subject. The author Ian K. Smith, MD, explains where the various kinds of sugar come from, and offers a five week program with weekly changes to replace some of our bad habits with good ones. I feel that the diet is easy to implement, and I like that it doesn't completely eliminate carbs as so many do these days. It actually includes sandwiches, wraps, crackers, bagels and potatoes. I tried one of the zero no-carb diets a few years ago, and let me tell you, I found it excruciatingly difficult to completely eliminate carbs! The recipes in the book range from breakfast pizzas to salads and shepherds pie. The author also provides 100 snack ideas. Since snacking has become my downfall, I appreciate that he added ideas to help me in that department. I highly recommend this book. The author says this is a good plan if you're diabetic or just want to get healthier. I received an ebook for review; however, I prefer this type of book in hardcover form, and I will be purchasing a copy.

This book is an answer to a prayer after having OHS in January! I am currently on day 3 of the first week, I feel great! So much wonderful information. The meals are everyday affordable meals! Even Hamburgers, Hotdogs, burritos, egg muffins so much! Once again Dr Ian out does himself! You will not be disappointed!

Received more diabetes info from this book than from my doctor... Very informative and straight forward. An easy read and reference book

Dr. Ian Smith knows what he is talking about and this book is helpful and written so I can understand and follow. Recommend highly

great read and easy plan although ridged, but easy to follow

Great book!

Same old same old; A friend who I thought was more informed recommended it.

Trying blasting the sugar out now. Going well. Dr. Smith explains sugar in clear terms.

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food,diabetes mellitus) Lower Your Blood Sugar: The 30 Minute Guide for People with Diabetes, Prediabetes, and Insulin Resistance (Blood Sugar 101 Short Reads) Lower Blood Sugar Guide: 7 Simple Steps On How to Reduce Your Blood Sugar Level For People With Diabetes (FREE Bonus Included) DASH Diet: Proven Steps To Rapid Weight Loss, Lower Blood Pressure, Lower Cholesterol And Prevent Heart Disease (DASH Diet for beginners, Weight Loss, Boost Metabolism, Healthy) Ketogenic Diet: Ketosis For Diabetes -Lower Your Blood Sugar And Lose Weight(Reduce Inflammation,reverse type 2 diabetes,Insulin Resistance Diet) (paleo ... low carb high fat,keto clarity,diabetes,)

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