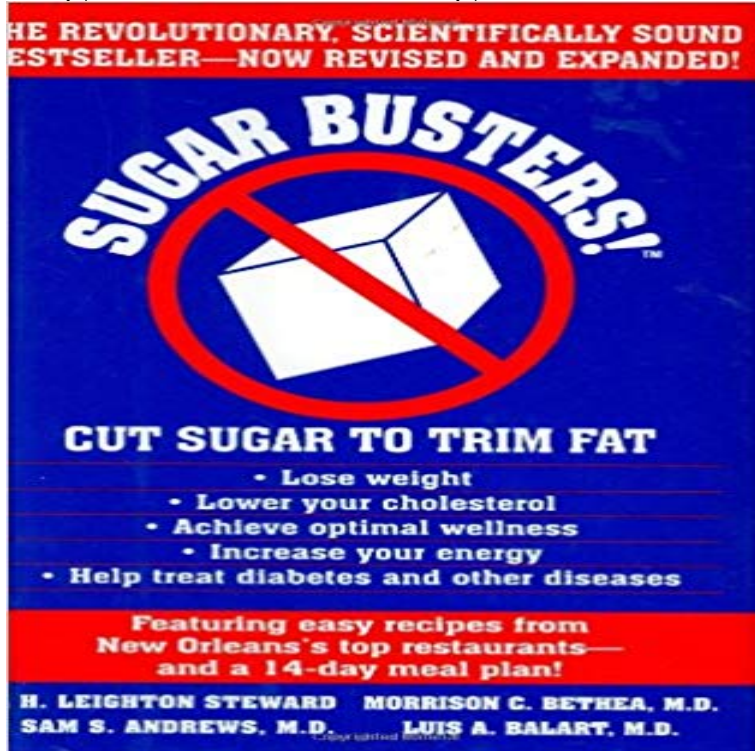


Sugar Busters! Cut Sugar to Trim Fat



THE REVOLUTIONARY NEW YORK TIMES BESTSELLERSUGAR BUSTERS!Cut Sugar to Trim Fat Lose weight Lower your cholesterol Achieve optimal wellness Increase your energy Help treat diabetes and other diseasesFeaturing easy recipes from New Orleans top restaurants--and a 14-day meal plan!Its time to face facts. Low fat diets dont work. Thousands of Americans on low-fat, high-carbohydrate regimes gain back their weight in record numbers, often wreaking unhealthy havoc on their bodies. Why? Because the culprit isnt too much fat, its too much sugar--and low-fat food is full of it. The truth is sugar causes the production of insulin which, in large amounts, keeps your weight from dropping off, no matter how strictly you diet or how often you exercise. Just look at the ingredients of your favorite foods: sugar is everywhere. So how can you possibly avoid it? The answer: SUGAR BUSTERS!Developed by three renowned physicians and a CEO of a Fortune 500 company, SUGAR BUSTERS! is a revolutionary new diet plan based on sound nutritional principles that shows you how to eliminate sugar from your daily menu through easy-to-follow recipes and meal plans. This effective and groundbreaking program steers you away from overhyped (and insulin-producing) starches such as potatoes and pasta, white bread and white rice, carrots and corn--and leads you toward a sensible consumption of delicious foods once considered taboo. With SUGAR BUSTERS! you will Develop a diet plan that is right for you Determine the glycemic levels of various foods with a handy glycemic index Discover which foods to eat at what time of day Avoid food combinations that add pounds Learn the myths of calories, fats, cholesterol, and weight gain Feel great, increase your energy, and prevent chronic diseaseSimple, practical, and easy to adapt to your busy

lifestyle--including savory gourmet meal plans designed by twelve of New Orleans famous restaurants like Antoinettes, Galatoires, Commanders Palace, and Brennans--SUGAR BUSTERS! is the diet of the future, an amazing, new approach to eating, nutrition, and health. Throw away your fat-gram counters. Forget those outdated calorie concepts. Feast on a delicious, diet-healthy table of red meat, lamb chops, salads with Roquefort dressing, even red wine--and still lose weight. Remember: Cutting calories in the diet only leads to temporary weight loss. Fats are vitally important to your bodys metabolic process. Large meals should never be eaten before going to bed--because cholesterol is also manufactured at night. Fruits should not be eaten in combination with carbohydrates and fats. A glass of wine has less sugar than an ear of corn. Baked potatoes quickly convert to sugar in your stomach. Forget the fight against fat! Break the sugar-starch habit today and enjoy the foods you love as you get healthy and lose weight with SUGAR BUSTERS!

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