



Sugar Shock!: How Sweets and Simple Carbs Can Derail Your Life-- and How You Can Get Back on Track

Connie Bennett, Stephen T. Sinatra

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A provocative exposé of the negative effects of sugars and simple carbs-and how to break the addiction.

Most readers already know that succumbing to sweets too often can lead to obesity and diabetes. What many don't know, however, is that too many "quickie carbs" can bring on a host of other maladies-such as "brain fog," fatigue, mood swings, heart disease, and even cancer-from which millions may be suffering because of their sugar or carbohydrate habits. Once besieged by 44 seemingly unconnected symptoms, former "sugar addict" Connie Bennett, an experienced journalist, managed to kick sweets and simple carbs in 1998. She improved her health-and uncovered extensive medical research that substantiated her theory: people who eat too many low-caliber culprit carbs could be in sugar shock. Based on the insights of thousands of physicians, nutritionists, researchers, and "sugar sufferers" worldwide, *SUGAR SHOCK!*(tm) not only addresses how badly sugar affects the body, it demonstrates how everyone can kick the sugar habit.

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