



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

Ian K. Smith

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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's 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.

Blast the Sugar Out!: Lower Blood Sugar, Lose Weight, Live Better Details

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From Reader Review Blast the Sugar Out!: Lower Blood Sugar, Lose Weight, Live Better for online ebook

Jennifer Schultheis says

Surprise, surprise, sugar is bad for us. It's addicting, causes weight gain, and just brings our bodies down. In Blast the Sugar Out by Dr. Ian K. Smith, he helps guide readers to eliminate the sugar. He breaks the information down and puts in perspective. He discusses habits, the difference between brown sugar and white, sweeteners and sugar substitutes, and gives readers menu ideas. It's clear that he's passionate about this book and I feel like it will inspire some people. For me, I already knew everything he covered, but I still enjoyed going through everything again. For those who want to gain control over their life and avoid chronic illness, this book is for you!

Ryan Moore says

I saw this on a local show and decided to pick it up. I was amazed at how much sugar is everything. Its crazy how much we consume. I am definitely more consensus of what I eat.

Diana Baynard says

Not happy

I am not happy at all with this book and am very sorry that I purchased it. I followed the food plan and have not lost any weight. The food plan is not very budget friendly, some items such a hamburger, you only eat once during the five weeks. This means you either purchase one burger or eat out. Also items are vague, such as roast chicken with lemon and Egg/Spinach Fritata. There are no recipes for them or descriptions so it's difficult to know how much to eat.

Ursula says

This book has a great approach to cutting your sugar intake. The definitions of the different types of sugar clarified the differences in sugars for me. The recipes look good and the snack guide is helpful. I also liked the habit changing documentation for each week.

Liz says

This book was an easy read and contained many recipes that I will actually make! I liked it, and I've already started blasting out the sugar in my diet.

Teri says

In my attempt to reduce the amount of sugar intake in my life, I really enjoyed this book. Looking through the pages, I think the daily schedule is doable and adaptable to just about any lifestyle. I absolutely loved the recipes included and am still working my way through them, but enjoying my adventure. I learned quite a bit about food choices and how to make better ones to become a healthier me.

I received this book in a goodreads giveaway in exchange for my honest review.

Lisa says

This one is very similar to Fat Smash Diet book. I thought I'd learn a little more. Still a good book with easy to follow plan, just not very different from his other book.

Ursula Shelton says

Dr. Ian has done it again.. fantastic effort on getting the sugar out. Great tips on controlling blood sugar and monitoring your carb. intake. I have diabetics in the family so there is a wealth of information in this book. It also has recipes, glycemic index, and other helpful information. This book will not take up too much of your time, but the main thing is to control your blood sugars or limit the sugar in you diet. I would certainly recommend to the health conscious, people with diabetes, or someone who wants to know more about the subject matter. Enjoy!

Marilyn says

if you didn't think sugar was all bad, then maybe you should check this book out before you are tempted by all that Halloween candy. An eye opener if you are not a calorie checker.

Chris says

The book has a good basic step by step procedure to lower your sugar usage.

Orsayor says

It works if you work with it

Alisa says

I didn't realize when I requested this book that a lot of it has to do with people who have (or at risk for)

diabetes. At the end of last year I cut out all sugar, bread and dairy and was really shocked at how much better I felt. I was looking for more general information as well as recipes.

A lot of the general health information is on diabetes (which I would have known had I have read the blurb more carefully) but I still think it applies to anyone trying to cut down on, or cut sugar out of their diet. The author has a nice style of writing. It's informative but not heavy on medical jargon and is easy to read for the every day average person.

A huge portion of the book is recipes and I tried a bunch of them. They were all easy to follow and tasted great.

I think the book is really great for people with diabetes and I actually ended up referring it to a few of my patients to read. I also think it's good for people like myself who are just looking for health benefits and/or lifestyle changes.

****Review copy provided through publisher in exchange for an honest review.****

Kitty Kat says

An interesting read for those of us hoping to cut down on the sugar in our diet.

Shelley says

ARC generously provided by publisher via Netgalley in exchange for an honest review.

I have read all Ian Smith's SHRED books and they are full of good information, however I would say this book is definitely for people who have Diabetic issues. I have a father that struggles with Diabetes, and this is a great book to help give up the sugar addiction as well as learn to balance your diet.
