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Low Sugar No Sugar: How to Reduce Your Sugar Intake, Lose Weight and Feel Great

Jess Lomas

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The world is catching on to the dangers of high levels of sugar in the diet, causing weight gain, overweight, lowered immunity, diabetes and heart disease. Quitting sugar seems to be the diet du jour, providing newspapers, magazines and current affairs programs with plenty of material, both for and against reducing sugar in the diet; and it's a subject we'll only hear more of in years to come. In Low Sugar No Sugar, Jess Lomas writes from experience; after reducing her sugar intake in April 2012 she has experienced weight loss and a renewed level of energy and zest for life. She has created a simple plan to help people reduce the amount of excess sugar in their daily diet and has developed over 60 recipes including breakfast ideas, snacks and desserts. This book is not about extreme dieting, it's a lifestyle change. The Low Sugar No Sugar motto is simple; remove the everyday excesses and enjoy the occasional sweetness in life.

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