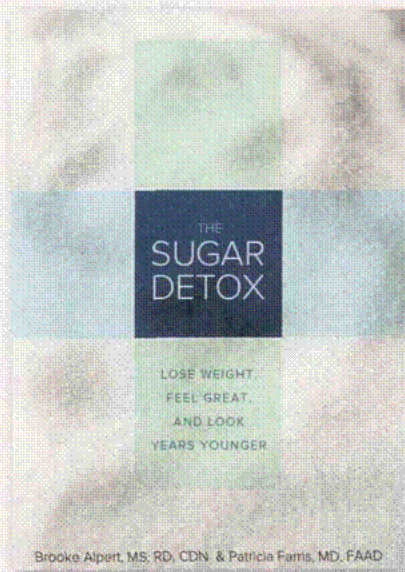


How Sweet It Isn't



Some scientists even believe it should be treated like a controlled substance, and regulated in much the same way as alcohol and tobacco. Since that isn't likely to happen any time soon, Dr. Patricia Farris, dermatologist, clinical associate professor at Tulane University and faculty member for the American Academy of Dermatology, partnered with certified dietician and nutritionist Brooke Alpert to write *The Sugar Detox* (DeCapo Press, 2013), a guidebook for people who are serious about breaking off this unhealthy dietary relationship.

Farris' and Alpert's program starts with a three-day, no-sugar eating plan, followed by a three-day, skin-pampering regimen. After this cleansing period comes a four-week, **sugar-banishing eating plan/menu** that teaches readers how to choose and cook delicious low-to-no-sugar foods, and keep those blood glucose levels (not to mention that waistline) down. The authors also include 50 virtually sugarless recipes, exercise descriptions and a few physiology lessons to boot.

For more information, visit decapopress.com.

"Sugar" has replaced "fat" as public enemy No. 1 on most nutritionists' hit lists. The average American's consumption of the stuff is on a sharp rise—along with diabetes and obesity rates—thanks in part to the unnecessary presence of sugar (in all its many forms) in so many popular canned and processed foods.

But sugar is a very hard habit to kick.

