

# I Quit Sugar 8 Week Program

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## Introduction

n Quit alcohol and all liquid sugars (beverages and juices) cold turkey. n Taper off caffeine, processed foods, and other forms of sugar. n Get your walking shoes and exercise clothing ready. n Get a Detox Journal and answer the questions on page 107. n Take your measurements (weight, height, waist, hips, thighs, blood pressure).

## EAT YOUR - Mark Hyman

Sugar - Avoid all pseudonyms for sugar including artificial sweeteners and even so-called healthy alternatives such as stevia and agave. Ditch the sweetened and sugary drinks too. No juice, alcohol, sweet coffees or other liquids full of sugar. If you have to ask, "is this okay for me?" it isn't! After even only one to three days off ...