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THE SWEET POISON QUIT PLAN

HOW TO KICK THE SUGAR HABIT
AND LOSE WEIGHT

DAVID GILLESPIE

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THE SWEET POISON QUIT PLAN FROM PENGUIN BOOKS LTD PDF

Sugar is addictive and bad for us - The Sweet Poison Quit Plan by David Gillespie will to cure your sweet tooth. When David Gillespie cut sugar from his diet he lost 6 stone - and it kept it off. His secret was discovering that we're not designed to consume sugar and that unless we cut it out, any exercising or dieting we do is, ultimately, doomed to failure. His approach is plain and simple: eat what you like, when you like, but don't eat sugar. The Sweet Poison Quit Plan tells you: How we each eat 2 pounds of added sugar a week (to counter-balance this keep the weight off you need to run 4.5 miles a day); How food manufacturers feed our addiction by adding sugar to non-sweet products; How to remove sugar from your diet and eliminate its lifestyle habits; How to interpret confusing labelling as you shop sugar-free; and How to make delicious sugar-free treats, from ice cream to brownies. Showing why we're addicted to sugar and packed with clear, easy-to-follow advice on how to break that addiction, David Gillespie's The Sweet Poison Quit Plan is the most straightforward and sustainable guide to losing weight and improving well-being you're ever likely to read. Start now! David Gillespie is a recovering corporate lawyer, co-founder of a successful software company and consultant to the IT industry. He is also the father of six young children (including one set of twins). With such a lot of extra time on his hands, and 40 extra kilos on his waistline, he set out to investigate why he, like so many in his generation, was fat. He deciphered the latest medical findings on diet and weight gain and what he found was chilling. Being fat was the least of his problems. He needed to stop poisoning himself.

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58 of 64 people found the following review helpful.

Valuable message, but too much padding.

By Max Power

I heard David Gillespie interviewed on the radio, and was very taken with the messages he gave - that you can lose a lot of weight by cutting out sugar (including excess fruit), that it's not fat that's the enemy - it's sugar, and that even if you don't need to lose weight, you will feel much better overall if you cut out sugar. This was all news to me, and, although I'm a Slim Jim, I was interested in the health and wellbeing side of things. So I bought the e-book.

But I read it in ten minutes. There was a lot, lot, lot of padding, which didn't add much. Some rationale or science is useful, but it all could have been much briefer. The recipes, full of sugar substitutes, weren't at all useful for me.

David's underlying messages were simple, and a small, well designed booklet would have done the job. But thank you, David, for changing my life. The highs and lows in my day have evened out, I don't get bloated, and I don't get the munchies. Buy the book if you want to, or you could cut out sugar, and see how you go.

0 of 0 people found the following review helpful.

Five Stars

By Greasy

A riveting read for the morbidly obese.

16 of 16 people found the following review helpful.

Simple, But It Works.

By thesweetersong

Perhaps I'm too simplistic for the dietary world, but for me, the diets that have worked the best are the diets that have very few rules and very few complicated ingredients. David Gillespie's book is exactly that: simple, uncomplicated, and practical.

The one theme of the book, and hence, one rule is: don't eat sugar.

Who knew three words could alter everything, if followed through?

I had around twelve kilograms to lose, and following that simple phrase, I lost ten of them in six months. I had a new lease of life - no longer was I foggy headed, fatigued in the afternoon, I no longer had insane mood swings, feeling bloated and miserable after eating, sporadic headaches, and my concentration increased. The Sweet Poison Quit Plan doesn't really say much on the exercise, but I walked around two kilometres three times a week, and the weight just fell off. With exercise, it's to be expected that you're in the fast lane.

The book was written in a fairly casual manner that was relaxing and enjoyable. Gillespie just sounds like your typical Aussie, which, if he was considering going international with the book, he'd have to fix. But, for me, I found it a good, solid read with a lot of helpful information when it came to the facts, statistics, what to look out for in the supermarkets, where sugar was hidden and in what foods.

It's definitely a life changer, and I would wholeheartedly recommend it.

See all 69 customer reviews...

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