



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

Ian K. Smith M.D.

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Blast The Sugar Out! is the ultimate guide to eating well and frequently while dieting or making a lifestyle change after a diagnosis of diabetes or pre-diabetes. This book includes more than two dozen food swaps: vegetable and fruit flavored waters instead of soda, grains instead of rice, oven-baked sweet potatoes instead of fries which are key to an achievable and permanent change in lifestyle.

Dr. Ian provides structured meal plans and more than 50 easy-to-follow recipes that are both nutritious and low or no sugar make *Blast the Sugar Out!* both a great primer for first-timers and a rich source of ideas for more knowledgeable readers.

The book includes exercise routines and motivation to get bodies back on a healthy track and kick start weight loss.

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