



# Win the Sugar War: 120 Real-Life Stories of Conquering Cravings--And Pounds

*Holly McCord*

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## **Win the SUGAR War**

*100 Real-Life Stories of Conquering Cravings-And Pounds*

Nature never intended for us to live without sugar. In fact, our love of sweets is programmed into our genes. It guaranteed our survival as a species.

Of course, Nature never anticipated the serve-yourself soda fountains at convenience stores, the dessert trays in restaurants, or the candy displays at supermarket checkouts. These days, we can eat as much sugar as we want. And we want too much.

When we overindulge in sweets, it's not just our waistlines that suffer. Various studies have linked excessive sugar consumption with conditions ranging from fatigue and tooth decay to immune dysfunction, nutritional deficiencies, and insulin resistance and diabetes.

Even though we don't need to give up sugar completely, just cutting back can seem daunting--especially when our genes are saying, "Go ahead! Eat up!" But you *can* do it. *Win the Sugar War* will show you how, using real-world solutions from real-life women and men who tamed their appetites for sweets and, in many cases, trimmed unwanted pounds to boot.

Bethanny Davis dropped from a size 16 to a 10 once she found that she could satisfy her chocolate tooth with miniature candy bars. Robert Fisher lost 70 pounds in 6 months by taking walks to shake off his midafternoon sugar cravings. Ruby Goldsmith shed 80 pounds--and brought her diabetes under control--after she started sending leftover desserts home with her dinner guests.

Their stories, and 97 others, will touch your heart and stoke your willpower. If they can succeed in defeating their "sugar genes," you can, too!

**AUTHOR BIO** **Holly McCord, R.D.**, has been the nutrition editor for *Prevention* magazine since 1993. Her monthly column, "Nutrition News," is among the most popular in the magazine. Her previous books include *Prevention's The Peanut Butter Diet* and *Win the Cholesterol War*.



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