



The Juice Lady's Sugar Knockout: Detox to Lose Weight, Kill Cravings, and Prevent Disease

By Cherie Calbom

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According to the Centers for Disease Control (CDC), if current trends continue, one in three U.S. adults will have diabetes by 2050 (currently it is one in 10). Yet there is massive confusion on the subject of sugar sweeteners:

“Is honey healthy, since it’s natural? What about sucralose? After all, it is calorie free. Is agave a healthy sweetener? Fruit juice is good for me, isn’t it? Is orange juice one of the best things to drink when I’m sick?”

Life is too sweet to live unhealthy.

As a best-selling author, and global health expert, Cherie Calbom shares her unique expertise and knowledge in this thirty-day guided transition into a low sugar impact diet. You will lose excess weight, feel energized, and improve your overall health by learning about:

- The problems with artificial sweeteners and why they are not the optimal choice for you and your family
- The effects of fructose on the liver
- How to substitute healthy sweeteners in delicious juices smoothies, and living food recipes

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Editorial Review

About the Author

Cherie Calbom, MS, CN, is the author of twenty-one books, including the best sellers *The Juice Lady's Big Book of Juices and Green Smoothies* and *The Juice Lady's Turbo Diet*. She holds a master of science degree in whole foods nutrition from Bastyr University. Cherie pioneered juicing in the home with her infomercial on the Home Shopping Network, and she and her husband conduct juice health retreats and health and healing conferences throughout the year. For more information, see www.juiceladycherie.com

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