



# **Sugar Shock!: How Sweets and Simple Carbs Can Derail Your Life--And How You Can Get Back on Track**

*Connie Bennett , Stephen Sinatra , Nicholas Perricone (Foreword by)*

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**Sugar Shock!: How Sweets and Simple Carbs Can Derail Your Life--And How You Can Get Back on Track** Connie Bennett , Stephen Sinatra , Nicholas Perricone (Foreword by)

A provocative exposé of the negative effects of sugars and simple carbs-and how to break the addiction.

Most readers already know that succumbing to sweets too often can lead to obesity and diabetes. What many don't know, however, is that too many "quickie carbs" can bring on a host of other maladies-such as "brain fog," fatigue, mood swings, heart disease, and even cancer-from which millions may be suffering because of their sugar or carbohydrate habits. Once besieged by 44 seemingly unconnected symptoms, former "sugar addict" Connie Bennett, an experienced journalist, managed to kick sweets and simple carbs in 1998. She improved her health-and uncovered extensive medical research that substantiated her theory: people who eat too many low-caliber culprit carbs could be in sugar shock. Based on the insights of thousands of physicians, nutritionists, researchers, and "sugar sufferers" worldwide, *SUGAR SHOCK!*(tm) not only addresses how badly sugar affects the body, it demonstrates how everyone can kick the sugar habit.

## **Sugar Shock!: How Sweets and Simple Carbs Can Derail Your Life--And How You Can Get Back on Track Details**

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# **From Reader Review Sugar Shock!: How Sweets and Simple Carbs Can Derail Your Life--And How You Can Get Back on Track for online ebook**

**Karen Root says**

**Read this book!**

There is tons of information in this book! The author grabs your attention and keeps it by delivering her message in a way that is very easy to understand and apply in life. I guarantee you there is a lot to learn about excessive carb intake and how that intake affects your life! Reading this book has inspired me to want to keep learning about what I can do to curb my intake of unhealthy sugars as well as guide others to do the same.

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**Connie Bennett says**

Author's Confession.

It's not appropriate for me to review this book since I wrote it.

But I do hope that if you have an addiction to sugar and/or refined carbs, that you'll read it and like it very much.

And please connect with me at <http://www.facebook.com/smarthabitsfans>

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**Rita says**

Really made me think about how sugar controls me. In our world and society, I think it would be next to impossible to totally eliminate sugar and junk carbs. But greatly cutting down made me drop three pounds in a few days, and feel more clear-headed. The health implications of causing your blood sugar levels to wildly fluctuate, thus causing your pancreas to pump huge amounts of insulin into your bloodstream, is staggering. This author believes that the obesity and diabetes epidemic (among other diseases) in our country is caused by sugars and "simple" junk carbs (i.e. white refined flour, corn sweeteners, etc.). The book is well documented. Scary.

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**Stacie says**

This is the best book to give you a kick in the pants for healthy eating or losing weight. It has opened my mind to the effects of sugar/ simple carbs. It is over-the-top and sometimes loud, but this motivated me. Half way through the book, I was on board, "Okay! I'll never touch sugar again!", just because you want the author to stop preaching. I highly recommend this book!

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## Alexa says

The book contained some really interesting facts around sugar, but several chapters I skipped, as I found the writing style very scientific and not engaging enough.

Topics like "sugar addicted kids", the effect of sugar on the menopause, were not really relevant to me.

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## Rachel says

I just skimmed this book; I don't think it's worth reading the whole thing. The idea is that simple carbs and sugars make us age faster and give us mysterious health problems like headaches and mood swings. I would have liked to read a book about the same material but from a more objective viewpoint - I felt like Bennett's testimonial and desire to be readable made me less likely to trust her (especially when she cites research in one chapter, and then in the next basically says that "parents know better than scientists that sugar makes children hyperactive!" Mixing pseudoscience with real research just really annoyed me). I felt like there was too much filler and "it can also help you lose weight!" when all I wanted to know was what bad things sugar does and how to avoid them.

Outside this book, I think it would be interesting to experiment with taking simple carbs and sugar out of my diet, but I think it would be rather expensive. Cereal, potatoes, bread, and white rice are my cheap college student staples. Adding non-potato vegetables would mean another \$10 a week or so.

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## Robert Bor says

If the health thinkers agree on one thing nowadays, it is that sugar and other simple carbs are bad. This book is written in typical American style, including SHOUTING THE TEXT "SUGAR SHOCK" EVERY NOW AND THEN, all throughout the book. Annoying style.

I like how the book opened with the confession of a sugar addict. Personal stories are certainly catchy and the story of Connie drew me into the book. Throughout the book, you read not only about the battles with the Craving Self, but also about the ones with institutions and vested business interests. When I read this, I get the feeling that this struggle will only intensify the next couple of decades. It is my personal opinion that these powers must and will be put down, just like the cigarette industry was. A long road lies ahead of us.

An interesting recent history on how an overly obese American society has dealt with and is still dealing with putting a cap on sugar consumption.

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## Christina says

Hokey writing style. Most of the book explains why sweets and carbs wreck your system. Only a chapter or two cover how to make changes to your diet. Still, it was enough to motivate me to start making some changes in how I eat. So in that way, it was worth reading.

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### **Heather says**

I skimmed this book more than read it. Already seems and feels out of date and it was very frouffy. I was hoping for some more ideas for ways to break sugar cravings/addiction. I am really beginning to feel that it's not "too much sugar is bad for you" but that it is "sugar is bad for you".

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### **Carol says**

sugar is bad blah blah blah sugar is bad... this is already understood in the first 50 pages but this continues for another 200 pages and then not much info on how to change except dont eat sugar....  
I am not ne for non fiction especially self help- read ts as homework but its books like these that keep me from reading them

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### **Julie says**

This book was amazing!! Having personally studied this information in my medical classes and this is right on! I would highly recommend this book and I will definitely be using this as a reference.

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### **Bryan says**

Alright, let's get this out of the way first: this book reads like one of the world's worst infomercials. There is countless promotion of the author's website, help groups, etc. I can definitely see how this might annoy someone into stopping reading this book.

Having said that, there is a lot of interesting information in how sugar impacts our health. There are countless experts referenced. It certainly could be that the experts are biased. I have heard of some and respect them, but others are completely unknown to me.

If you can get past the salesy writing, it is certainly a worthwhile and interesting read, and may just change your dietary choices.

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### **Nancy Mather says**

I came across this book when doing some research on hypoglycemia. I think that much of this is extremely accurate and that sugar and simple carbs are a root cause of many health issues. The book is inline with many other clean eating models - cut sugar and only eat whole wheat flour.

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## **Annette says**

Recommended years ago by R Jackson and finally got to it. I wish there was more "how to" information, withdrawal symptom information (serious sugar addict here), etc. Hokey, but really got me to quit sugar (and caffeine) for over a week now, expecting to go until Thanksgiving (6 weeks), then to reassess.

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## **Tami says**

We all know that too many sweets cause our waistline to expand and ruin our hopes of getting into that sexy bathing suit. Still, that single cookie just doesn't seem all that dangerous as it beckons. How could one little tiny cheat hurt? We tell ourselves that we'll just cut calories elsewhere.

Even through our cloud of deep denial, we all know that one cookie always leads to another. We even know that the only calories we are going to cut are those of good healthy foods. Perhaps, what we don't realize is that sugar in sweets, fast foods, and simple carbs actually do real damage to our bodies. Once we stick that cookie into our mouth, we are setting ourselves up for a rollercoaster ride of emotional ups and downs that lead right back to the cookie jar. In the process, our body has to constantly react to a barrage of sugar which can lead to physical and emotional breakdown. The list of potential diseases is scary, from chronic fatigue syndrome and depression through diabetes and heart disease.

I think that every so often we need a little reminder about what we are putting into our bodies. Often, in the chaos of our lives, it seems like an easier choice to eat fast food or have a sweet snack as a pick me up. However, in doing so, we are actually making things worse. There is hope and Sugar Shock! can show you how.

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