

CHAPTER FOUR

PHASE II: The Detox Phase

Congratulations. The weeks of preparation have paid off. You're feeling strong, committed and ready to move forward with your sugar abstinence: you're ready to give up sugar for good.

The next few weeks will be the most physically challenging, as your body adjusts to the chemical changes of giving up sugar. I call it "sugar detox," because it is, in many ways, a detox. But don't let the challenges of the next few weeks dissuade you. While you may feel awful for a few days, the discomfort will pass. Once you're not eating sugar, you'll be amazed at how differently you feel, including how you feel towards sugar. In this chapter, I'm going to take you through your sugar detox, step by step. There is light at the end of the tunnel: at the end of this phase, you will be sugar free.

Step One: Eliminate The Hidden Sugars

You may be aware of the sugar in your favorite candy bar. But what about the sugar in your salad dressing, your spaghetti sauce, or in your energy bar? When you begin your sugar detox, it's important that you truly eliminate all forms of sugar from your diet. If you're buying any packaged, processed foods, look for the following forms of sugar:

| | | |
|-------------|-------------------|----------------|
| Agave | Carob syrup | Diastatic malt |
| Barley malt | Corn syrup solids | Dextrose |
| Beet sugar | Corn syrup | Ethyl Maltol |
| Brown sugar | Date sugar | Fructose |
| Cane sugar | Diatase | Fruit juice |

 [Click here to view the entire list of different forms of sugar.](#)

To give up sugar for good, it's important to give up all forms of sugar...even these sneaky ones.