



THE
SUGAR
DETOX

LOSE WEIGHT,
FEEL GREAT,
AND LOOK
YEARS YOUNGER

Brooke Alpert, MS, RD, CDN & Patricia Farris, MD, FAAD

What Real Patients and Clients Are Saying About *The Sugar Detox*

“The Sugar Detox changed the way I think about food and opened my eyes to my full health potential.”

—David A., television and movie producer

“The Sugar Detox helped reset my sweet tooth and provided me with great alternatives to satisfy my sugar cravings!”

—Mia R., actress and writer

“The Sugar Detox was what I needed to get back in the proper mind-set to be eating healthily and eating the right amount of food. After pregnancy and five months of breastfeeding, I had convinced myself that fruit juice was healthy and ice cream was a great way to get my daily calcium. So I needed a swift kick, and the Sugar Detox was it.”

—J. R., editor

“This diet is fabulous. It is the first diet I have been able to stick to for more than a week. I was not hungry at all, and the weight started coming off immediately. It was a major life change for me. I typically eat whatever I want, whenever I want it, including sugar, sweets, diet Coke, and alcohol. I found this not difficult at all, and I feel so good. I am more energetic, less lethargic, and just feel all around so much healthier. I am hoping this is the beginning of a major life change for me!”

—Stephanie L., consultant

“I’ve been trying to lose weight for years and find a good and healthy way of eating. The Sugar Detox has made me realize I do not need to drink diet soda or snack with unhealthy choices but allows me to make sensible decisions. I lost 11 pounds in one month, look great in my clothes, and never had so much energy.”

—H. A., executive

“The Sugar Detox is not for the faint of heart—especially if you have a sweet tooth! Personally, I could eat dessert three times a day. So, the first three days were a serious challenge. My results, however, made it all worth it. My goal was simply to see if I could stick to the plan and limit my sugar intake. I was shocked that such a relatively minor adjustment in my eating habits made such a tremendous impact. I lost 7 pounds in ten days and found I had a clearer complexion. The plan made me realize just how much sugar I was routinely ingesting without even realizing it. Having modified the way I eat, I have been able to cut out those wasted sugars and truly enjoy the sweetness of a well-earned piece of dark chocolate.”

—Stephanie F., attorney

“The Sugar Detox provided me with guidelines for sensible and healthy eating. I never once felt hungry on this diet. I lost over 6 pounds. It is so nice to be able to fit into clothes I have not worn since before I was pregnant with my daughter.”

—Stacy, stay-at-home mom

“The diet worked miracles for my skin and overall mood. I didn’t realize that sugar caused my skin to be irritated and itchy. Also, my mood was more level throughout the day, with not as many highs and lows. I’m very happy with the weight loss results as well!”

—Jennifer S., stay-at-home mom

“I lost 10 pounds in a month, feel good, am less tired, and couldn’t be happier. What is most interesting, though, is that I used to get occasional hypoglycemic blood sugar drops and feel like I was going to pass out if I didn’t eat something immediately to raise my blood sugar. But since I have been eating the Sugar Detox way, I haven’t experienced that feeling even once—no instant rush of having to eat something, no postmeal crashes. It’s as though my system kind of smoothed itself out. I definitely intend to keep eating this way.”

—M. G., attorney

“The Sugar Detox awakened my senses. I have a newfound appreciation for how food should smell and taste and how good my body feels when I’m eating well.”

—M. Z. G., product manager

“After a twenty-five-year career as a pastry chef, the Sugar Detox was the perfect antidote. It gently eased me into a healthier lifestyle—a lifestyle that was easy to adapt to after a lifetime of eating so much sugar and fats. I feel as if I’m ten years younger in just a month.”

“I never thought that I could rejuvenate myself by changing my diet. I have spent a fortune on products, procedures, and personal trainers but seem to have been missing the most important piece of the puzzle. The Sugar Detox helped me lose weight and the amazing thing is that my skin looks better than ever. Good-bye sugar, hello to a younger looking me.”

—L. C., **working mom**

THE Sugar **DETOX**

Lose Weight,
Feel Great, and
Look Years Younger

Brooke Alpert and **Patricia Farrington**
MS, RD, CDN MD, FAAFP

Da Capo
LIFE
LONG

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10 9 8 7 6 5 4 3 2 1

CONTENTS

Quiz: Are You a Sugar Addict?

Introduction

PART I The Sugar-Free Prescription

- 1 Rx 1: The 3-Day Sugar Fix
- 2 Rx 2: The 3-Day Skin Fix

PART II Everything You Need to Know About the Sugar Detox

- 3 The Sweet Dilemma
- 4 Sugar: Not So Sweet for Your Skin, Either
- 5 What to Eat
- 6 What *Not* to Eat
- 7 How to Eat

PART III The Plan

- 8 Detoxing Your Diet, Week by Week
- 9 Your Dermal Detox
- 10 The Sugar-Exercise Connection
- 11 The Sweet Life: Your Maintenance Plan

PART IV A Place at the Table

- 12 How to Dine Out
- 13 Delicious, Easy Sugar-Detox Recipes

Appendix A **The 31-Day Plan**

Appendix B **Approved-Brand Foods**

Appendix C **Suggested Skin Care Products**

Conversion Chart

Acknowledgments

Bibliography

Recipe Index

Index

QUIZ

Are You a Sugar Addict?

1. Does eating sweets make you feel better if you're in a bad mood?
 - A. Always
 - B. Sometimes
 - C. Never
2. Does eating starchy carbs (bread, cereal, pasta, potatoes, etc.) make you feel better if you're in a bad mood?
 - A. Always
 - B. Sometimes
 - C. Never
3. Do you ever feel guilty about the amount of starchy carbs or sweets you consume?
 - A. Always
 - B. Sometimes
 - C. Never
4. Have you ever tried to cut back on the amount of sugar you eat?
 - A. Always
 - B. Sometimes
 - C. Never
5. Have you ever tried and failed to cut back on carbs?
 - A. Always
 - B. Sometimes
 - C. Never
6. Are you unable to celebrate a birthday or other event without eating something sweet?
 - A. Always
 - B. Sometimes
 - C. Never
7. Do you ever hide or deny the sweets you eat?
 - A. Always
 - B. Sometimes
 - C. Never
8. Do you think about sugar or dessert even if you're not hungry?
 - A. Always
 - B. Sometimes
 - C. Never
9. Can you not get through the day without sugar in your coffee, a soft drink, or some type of

energy drink?

- A. Always
 - B. Sometimes
 - C. Never
-

10. Do you crash at 3 p.m. every day and look for something sweet to eat or drink to help?
- A. Always
 - B. Sometimes
 - C. Never

Now tally up your answers. How did you respond?

Mostly
As

Houston, we have a problem—you're an addict. Off to rehab with our 3-Day Sugar Fix.

Mostly
Bs

You're middling here, but there's plenty of room for improvement. Let's get you going!

Mostly
Cs

You rarely crave sugar—great; now we can work on getting you to look and feel your best!

INTRODUCTION

Before we start, we're going to ask you to do something simple: Picture one of those 5-pound bags of sugar, the kind you find in your average grocery store. Got it? Now picture fifteen of them. Hang on to that image—we'll get back to it in a minute.

Ah, sugar—the sweet stuff we dash (or dump) in our coffee, sprinkle on our oatmeal, and caramelize on our crème brûlée. In this book, we're not just talking about the sweeteners we know we add to our foods to give it a little kick. We're also talking about all the hidden sugars—the ones you may not know about—that are in many of the most popular foods we consume. In fact, sugar consumption is at an all-time high, and it's making us unhealthy—so much so that a group of scientists from the University of California at San Francisco have recently recommended that the use of sugar be regulated the same way alcohol and tobacco are in the United States. Yep, sugar as a controlled substance!

Some people might find the government monitoring of sugar a bit much, but here's the scoop: A diet high in sugar, such as the one found right here in the USA, leads to everything from weight gain to heart disease and even type 2 diabetes. The Centers for Disease Control has projected that one in three Americans will have diabetes by 2050. The vast majority of these cases could probably be prevented if we just kept our weight under control, exercised more—and lowered our consumption of sugar.

Remember those fifteen bags of sugar you visualized? That's how much sugar the average American consumes each year. More than 70 pounds of it. And diabetes isn't the only problem caused by our overconsumption of sugar. Diets high in sugar also increase the risk for atherosclerosis, heart disease, Alzheimer's disease, and even cataracts. We'll get into the exact science a bit more later, but basically this is because sugars left unchecked in the bloodstream have to go somewhere, so they grab on to protein molecules throughout the body. These protein-sugar complexes, called advanced glycation end products, or AGEs, can be found in virtually all organ systems. AGEs trigger massive inflammation in the body, causing further tissue damage—and premature aging. So suffice it to say that these nasty little sugarcoated proteins are not our friends.

AGEs are unfortunately very aptly named: The collagen and elastin molecules that help your face defy gravity are extremely susceptible to being attacked by sugar. When these molecules are turned into AGEs, their soft and supple fibers become more rigid and can no longer do the heavy lifting needed to keep things in place. This whole sugary mess leaves skin saggy, baggy, and wrinkled.

In short, sugar is compromising our health, making us fat, lazy, and ugly. Maybe you've picked up this book because you're tired of feeling tired all the time, or maybe you've been diagnosed with a chronic condition that requires you to change your eating habits and lose weight. Regardless of your reason, our Sugar Detox program will help you become healthier, leaner, and, yes, younger looking. It has been designed specifically to stop sugar cravings and target and eliminate foods that cause weight gain, fatigue, and premature aging, while replacing them with foods that will give you energy, help you lose weight, and make you look younger. What's not to love?

Your Detoxing Dynamic Duo

What's unique about the Sugar Detox is that you're getting the combined expertise of a nutritionist and dermatologist. Every day, both of us see women complaining of weight gain, premature aging, and lack of energy. We created the Sugar Detox to help our patients reach their goals. It is a unique multidiscipline approach that will allow you to look and feel better from the inside out and the outside in.

Brooke R. Alpert, MS, RD, CDN, is the founder of B Nutritious, a private nutrition counseling practice in New York City. Brooke and her team at B Nutritious have been working with hundreds of women, men, and teenagers over the years to help change their diet to achieve weight loss, boost energy levels, and benefit overall health and wellness. It wasn't long into her practice that Brooke realized that sugar was the key player in how her patients felt. By reducing the amount of sugar they were eating and eliminating artificial sugars from their diet, Brooke's patients were able to get results so much quicker for losing weight, feeling more energized, and seeing their skin start to change. Now all Brooke's patients follow a low-sugar diet and are incredibly successful with their weight loss and nutritional goals.

Dr. Patricia Farris is a board-certified dermatologist, clinical assistant professor at Tulane University, and internationally recognized expert on the treatment of aging skin. Dr. Farris became interested in the relationship between nutrition and aging when she realized that some of her patients seeking cosmetic procedures were aged way beyond their years. She noticed that many of the patients did not have the usual signs and symptoms of sun damage, but their skin was still excessively wrinkled with a marked loss in elasticity. The culprits? Poor nutrition and excessive sugar consumption. Frustrated by those who were willing to pay big bucks for such quick fixes as laser treatments and chemical peels but unwilling to make the diet and lifestyle changes that were really required to make them look and feel younger, she teamed up with Brooke to create an easy diet program that would help her patients achieve their goals. Dr. Farris now routinely recommends the Sugar Detox diet as part of a comprehensive treatment plan for patients who suffer from premature aging, acne, and other skin conditions. By combining our expertise for you, *The Sugar Detox* is a sure-fire way to help you look and feel your absolute best. Throughout the book, we share stories from our practices and patients—people just like you whom we've helped to break free from sugar to live healthier, happier—and who look amazing!

The Key to Inside-Out and Outside-In Health

We've developed a 3-Day Sugar Fix that will help you break free immediately from your sugar dependence. Sugar truly is addictive: Your body reacts to it like a drug and craves it constantly. What we're asking you to do is to quit—cold turkey. We won't lie: These three days are tough, but with every bite and sip you will start to feel better and be on the road to a healthier, more beautiful life. The 3-Day Sugar Fix program starts right after this introduction, so get ready to start healthy living now! We want you to see and feel the results you want as quickly as possible, and so although the rest of the book will certainly help you stick to a committed plan (and will give you all the necessary science and rationale for why sugar is so bad and what it really does to your body), we prefer that you get to work on the program right away, and continue reading as you undergo the 3-Day Sugar Fix.

We want you to feel positive about this diet instead of deprived, so after the 3-Day Sugar Fix you'll find chapters that explain what foods you should be eating on a regular basis, why they are good for you, and how even your favorite foods (chocolate, cheese, wine, and more) can actually be

beneficial for you. Then we move on to the foods to avoid, how to eat throughout the day, how to care for your skin, and how to tone up with an exercise program that's specifically created to work in tandem with the diet plan. At the end of the book are recipes we created with our amazing chef, Jason Brown, which are delicious, satisfying, and all Sugar Detox approved!

The diet is broken up into four weeks and each week is slightly different. It's hardest in the beginning, but the good news is that each week, we gradually add some more options for you to choose from. We want you to be as prepared as possible before starting out, so that you'll have an easier time staying on the plan. To that end, we include meal plans, 3-day and weekly approved-food lists, plus suggestions for the best meals to choose when dining out. Always take a look at the food lists for each week and make sure you're fully stocked at home, so you have less to worry about when that week starts. By the end of the four weeks, you will have completed an amazing physical transformation and you will feel as if you can conquer the world!

Throughout the book, you'll hear from our patients and clients—women and men just like you who've kicked their sugar habits and now embrace a healthier lifestyle and years-younger look. You'll also find some prescriptions throughout—Rx's that help you along the way.

So that's the plan. We hope you're excited for the immediate and lifelong changes that you're about to make starting right away with the 3-Day Sugar Fix. Within no time at all, you'll be feeling and looking better than ever and know that you're making a healthy commitment to yourself and your body. We're in this with you!

Brooke Alpert

Callie Sumo

What You Need to Know Before Starting the Sugar Detox

- If you are a diabetic or have any type of blood sugar problem including insulin resistance, it is essential to consult your physician before starting any type of diet program, including the Sugar Detox.
- If you are taking insulin or any other medication to control blood sugar and start a low sugar diet such as the Sugar Detox, consult your physician as you will probably require less than your current dose of medication.
- The Sugar Detox diet may not be appropriate for those who engage in extreme exercise programs such as long-distance running, cycling, or other intense cardiovascular workouts.
- During the 3-Day Sugar Fix you may experience fatigue, foginess, headaches, and intense cravings as you detox off sugar. In most cases these symptoms will resolve as you continue the program but should they persist we suggest you discontinue and consult your physician.

Part One

THE **Sugar-Free** Prescription

Rx 1: The 3-Day Sugar Fix

Three days without sugar? You may be thinking to yourself that that's going to be pretty hard. And we won't lie to you—it can be difficult. But it's just three days. Think of what three days are in proportion to the rest of your life—and how these three days in particular will help you commit to health and radiance that can last a lifetime!

Our 3-Day Sugar Fix is simple: no dairy, no fruit aside from lemon or lime, no wheat or starches, and no added sugars. As you'll soon see, the plan is also pretty basic; we keep the list of approved foods the same across the three days to make your detox as clear and simple as possible: We wanted to give you some freedom, so if you prefer your breakfast eggs poached, great! If you want to scramble them with veggies, that's great, too. We just ask that you adhere to this list of foods . . . but within those parameters, feel free to get creative!

Here are the guidelines for all three days (yes, they really are that simple).

3-Day Sugar Fix Approved Foods

- 1 cup of unsweetened black coffee per day
- Unsweetened green and/or herbal tea, in unlimited amounts
- Minimum 64 ounces of water (sodium-free sparkling water or club soda is okay) daily
- Protein: lean red meat, pork, chicken, turkey, fish, shellfish, eggs, tofu, or legumes (see below for vegetarian/vegan options; see list of approved proteins on [page 7](#))
- Veggies: approved veggies (see [page 7](#)) in unlimited amounts
- Fruits: lemon or lime, for drinks or cooking
- Nuts: a 1-ounce serving of nuts (see [page 7](#)) may be eaten up to twice daily as a snack.
- Condiments and cooking oil: red wine vinegar, balsamic vinegar, or apple cider vinegar; and olive oil, coconut oil, or butter for cooking
- Herbs and spices: unlimited amounts

No-No's

- Artificial sweeteners of any kind—and that includes diet drinks
- Alcohol
- Dairy (except a little butter for cooking)
- Wheat or other starches, such as pasta, cereal, bread, rice, or quinoa
- Added sugar of any kind
- Fruit (except lemon or lime for drinks or cooking)

Cooking Techniques

- Sauté
- Stir-fry
- Poach
- Steam
- Boil

Remember to use only the oils on the approved list!

Vegetarians and Vegans

The Sugar Detox can be followed by both vegetarians and vegans. Tofu can replace any meat or egg product for any meal. Legumes, such as beans, can also be your protein substitute; just watch your portion sizes. Unsweetened almond, coconut, or soy milk, or yogurt, can be used as a dairy substitute. Just read the ingredients to make sure no sugars, such as evaporated cane syrup, are listed.

Daily MENUS

Every day, you will start with a healthy breakfast, eat a satisfying lunch, and enjoy a delicious dinner—and you have our blessing to snack between meals! See [Chapter 13](#) or Recipe Index ([page 257](#)) for the recipes for asterisked items.

The Basic Meal Plan

BREAKFAST: three eggs, any style (include herbs and approved vegetables, if desired), cooked with only approved oils

SNACK: 1 ounce of nuts

LUNCH: up to 6 ounces of chicken, turkey, fish, shellfish, or tofu, plus a small salad with any of these vegetable options: arugula, asparagus, avocado, bok choy, broccoli, Brussels sprouts, cabbage (Chinese, red, or green), cauliflower, celery, cucumbers, kale, lettuce (romaine, red leaf, or green leaf), mushrooms, peppers (bell or hot peppers), spinach, or zucchini

SNACK: sliced peppers with hummus

DINNER: chicken, turkey, fish, shellfish, or tofu (up to 8 ounces) and a large portion of steamed mixed approved vegetables

Day 1

BREAKFAST: three scrambled eggs with pinch of dried rosemary, unsweetened green tea with lemon, a large glass of water with lime

SNACK: Sweetish Nuts*, unsweetened cinnamon tea

LUNCH: 6 ounces of Poached Chicken Breasts* on top of mixed baby greens and ½ slice

avocado with herbs, olive oil, and red wine vinegar

SNACK: ~~sliced red and green bell peppers with 2 tablespoons of Spinach Hummus*~~, a large glass of water with lime

DINNER: ½ cup of edamame, salmon with stir-fried broccoli and mushrooms

Day 2

BREAKFAST: 3 eggs scrambled with sautéed spinach

SNACK: ½ ounce of roasted almonds, unsweetened iced green tea with lemon

LUNCH: Tuna Niçoise: canned tuna or a sautéed fresh tuna steak over a bed of mixed greens, or hard-boiled egg sliced, and steamed haricots verts, dressed with Sugar Detox Vinaigrette*

SNACK: sliced peppers with hummus

DINNER: rosemary pork tenderloin, sautéed Brussels sprouts and mushrooms seasoned with salt, pepper and fresh garlic, chopped romaine salad with avocado dressed with lemon and extra virgin olive oil.

Day 3

BREAKFAST: three-egg omelet with shrimp, sautéed spinach and tarragon

SNACK: 1 oz. cashews

LUNCH: grilled turkey burger with sliced heirloom tomatoes, lettuce, and sautéed mushrooms plus kale chips

SNACK: sliced peppers with hummus

DINNER: baked tilapia over bok choy and cherry tomatoes, plus mixed greens with Sugar Detox Vinaigrette*

The 3-Day Sugar Fix Shopping List

Along with being your go-to shopping list for the first three days of the Sugar Detox, this list forms the basis of the following four weeks' approved foods (we'll get into that in more detail in [Chapter 8](#)). Where applicable, your serving size per meal is given in parentheses, to help you plan your grocery shopping.

Proteins

Eggs (3)

Lean red meat (6 ounces)

Pork (6 ounces)

Chicken (6 ounces)

Turkey (6 ounces)

Fish (6 ounces)

Shellfish (6 ounces)

Tofu (6 ounces)

Legumes (lentils, beans, edamame, peas) (½ cup)

Vegetables

UNLIMITED EXCEPT FOR AVOCADO.

Arugula
Asparagus
Avocado (also counted as a fat; ½ max per day)
Bok choy
Broccoli
Brussels sprouts
Cabbage (Chinese, red, or green)
Cauliflower
Celery
Cucumbers
Kale
Lettuce (romaine lettuce, red leaf, green leaf)
Mushrooms
Peppers (bell or hot peppers)
Spinach
Zucchini

Fruit

Lemon or lime

Nuts and Seeds

NUTS MAY BE ROASTED OR RAW, AND SHOULD IDEALLY BE UNSALTED: 1 OUNCE PER SERVING. (FOR MORE INFORMATION ABOUT FLAX-, CHIA, AND HEMP SEEDS, SEE THE BOX ON [PAGE 72](#).)

Almonds
Cashews
Chia seeds
Flaxseeds
Hemp seeds
Macadamia
Peanuts
Pecans
Pistachios
Walnuts

Fats and Oils

Butter (1 tablespoon)
Coconut oil (1 tablespoon)
Olive oil (1 tablespoon)
Olives (10 olives)

Condiments

Balsamic vinegar

Apple cider vinegar

Red wine vinegar

Herbs/Spices

ALL SPICES ARE GREAT, ESPECIALLY THOSE LISTED HERE.

YOU'LL NOTICE THAT SALT ISN'T ON THIS LIST; WE'D PREFER YOU TRY SOME NEW FLAVORS. SALT IS OKAY TO USE ON OUR WEEK-BY-WEEK SUGAR DETOX PLAN BUT SHOULD BE USED IN MODERATION.

Ginger

Allspice

Cinnamon

Cloves

Marjoram

Rosemary

Sage

Tarragon

Turmeric

Beverages

ENJOY THESE IN UNLIMITED QUANTITIES.

Water

Sodium-free club soda or sparkling water

Coffee (unsweetened, black)

Green tea (unsweetened)

Black tea (unsweetened)

Herbal tea (unsweetened)

After seeing the 3-Day Sugar Fix meal plan and shopping list, you might think that the Sugar Detox is just another low-carb diet. It's true that the 3-Day Sugar Fix doesn't allow you any bread, rice, or pasta, but that is because starchy carbohydrates are a major contributor to sugar addiction (more on this in a minute). We replace them with good carbohydrates that are full of fiber, come from vegetables, and can actually help lower your blood sugar. You may also have noticed that we're not offering a low-carbohydrate diet where you can eat tons of fatty protein, such as bacon and steak. Instead, we give you lean, low-fat protein options and plenty of vegetables that will fill you up without weighing you down and clogging your arteries.

Sweet Talk

BA says:

"If drinking coffee without milk and sugar seems impossible, try it iced!"

Rx 2: The 3-Day Skin Fix

The first three days of the Sugar Detox are the most difficult as you begin to kick the sugar habit. We know our intensive 3-Day Sugar Fix can be trying, so on these days we are going to pamper you with a regimen that includes soothing, spa-like treatments that can be done in the comfort of your own home. These treatments have been selected because they contain natural ingredients and have therapeutic benefits that improve skin health and beauty.

Day 1: Balance Your Skin with a Sea Mud Mask

As you'll discover in later chapters, we are high on the natural benefits of the sea. Sea mud is composed of nineteen different minerals, including the skin savers magnesium, zinc, and sulfur. The soil portion of sea mud is composed of organic matter called humus and has natural healing properties. Not only is sea mud used to restore the pH balance of the skin and help maintain skin hydration, it also increases circulation and has natural anti-aging properties. Sea mud cleanses the skin, removes surface oils, and discards dead skin cells. Sea mud has natural antibacterial ingredients, so masks made with it are helpful for those with acne. With all these benefits how could we not suggest that you enjoy a sea mud mask as part of the 3-Day Skin Fix?

Sea mud can be purchased in its natural form. Make certain to buy sea mud that can be used on the face, as many products are labeled for body only. Wash your face with a gentle cleanser and then apply a thin coat of the mud mask to your entire face, avoiding sensitive areas, such as the skin just below your eyes and your eyelids. The mud will turn a lighter color as it dries. As the mask dries, it gently lifts away dead skin cells, unwanted surface oils and helps repair and revitalize the skin. The mask should be removed by rinsing with warm water once the process is complete. Your skin may feel tight after the mask is removed, so feel free to apply a light moisturizer if your face is dry. It is always best to apply a small amount of the mask to your neck before using it on more tender facial skin.

Although purists prefer the real stuff, you may be better served to try a ready-prepared sea mud mask. These masks contain sea mud, are easy to apply, and are generally less drying. Many commercially available products are embellished with such beneficial ingredients as antioxidants, soothing aloe vera, jojoba, and essential oils. Each mask will provide guidance as to what skin type it is suited for and how long it should be left on the skin. And don't forget that your face isn't the only place where you can use sea mud products. Body wraps with sea mud are touted for exfoliating, toning, and improving cellulite. So why not get a little dirty?

Day 2: Ancient Beauty Bath

There is nothing more relaxing than a long, warm, soaking bath. This is why on Day 2 we suggest you

enjoy one of the oldest therapeutic remedies: bathing in salts from the sea. You can choose from Black Sea salt, French sea salt, Italian sea salt, Hawaiian sea salt and Dead Sea salt just to name a few. It's important to understand we are not talking about using gourmet sea salt in your bath. Salts processed for bathing are specially prepared and come in different sizes, shapes, and colors. Adding sea salt to your bath can stimulate circulation, ease muscle aches and pains, and soothe the body. One of our favorites is Dead Sea salt because of its unique composition and medicinal properties. The healing power of Dead Sea salt is due to its high concentration of magnesium and other minerals including sodium, potassium, and calcium. Magnesium salts are known to improve skin hydration, reduce redness and inflammation. Studies have confirmed the skin-smoothing benefits of Dead Sea salt, making it a favorite in salons and spas that offer total body rejuvenation. Don't just take it from us; for years, dermatologists have recommended Dead Sea salt soaks to patients with such inflammatory skin disorders as psoriasis and eczema. Even Cleopatra recognized the rejuvenating value of the Dead Sea and made regular trips to the region to enjoy its benefits! So go ahead and treat yourself like royalty: Enjoy a long soaking bath in Dead Sea salt.

To enhance the experience, add a couple of drops of your favorite essential oil to your bath. As you are filling the tub, we suggest you dry brush your entire body. Dry brushing helps improve circulation and removes fluids and swelling from the tissues by improving lymphatic drainage. It will make your skin feel smoother immediately and is a great way to remove puffiness. Dry brushing also helps to enhance the therapeutic benefits of the sea salt bath.

Using a natural-bristle brush or mitt, run the brush across your skin in short, brisk strokes, using an upward motion. Start at the soles of your feet, moving up your legs, brushing upward toward your heart. When you have completed your legs, brush your entire body upward, then repeat the process starting at the tips of your fingers, brushing upward along your arms. Once you have completed your body brushing, add a half-cup of sea salt to your bath. Turn off your cell phone, put on some relaxing music, and enjoy one of the oldest therapeutic soaks known to man.

Day 3: Fight Back with Supercharged Antioxidants

Okay, you're in the home stretch and you've made it to Day 3 of the Sugar Fix. Today's regime will neutralize free radicals, protect your skin, and treat troubled areas, such as puffy under-eye bags. For your face, we suggest a moisturizing antioxidant mask. There are plenty to choose from; some of our favorites are those that contain blueberry, green tea, black tea, rosemary extract, resveratrol, or algae extract. You may find products containing more than one antioxidant ingredient, so we say, the more the merrier. Choose a mask that is cream based and will hydrate your skin while fighting free radicals.

If you enjoy do-it-yourself projects, try processing in a blender ½ cup of full-fat or 2% Greek yogurt, 1 tablespoon of ground old-fashioned rolled oats (grind to a fine powder in a coffee or spice grinder; do not use instant oats), 1 tablespoon of honey, and a handful of crushed blueberries. The yogurt contains exfoliating lactic acid, oatmeal is a natural anti-inflammatory, honey has healing properties and acts as a natural moisturizer, and the blueberries contain powerful antioxidants. Apply a thin layer of the mixture to your face and let it work its magic. This mask should be left on for ten minutes and washed off with warm water.

For troubled areas such as the under eye, might we suggest you try a simple home remedy of green tea compresses to reduce puffiness. We'll be preaching about the benefits of green tea throughout the book, but who knew that this simple home brew of green tea could be used to improve one of the most

pesky skin problems? Just prepare a quart of green tea, using two tea bags. Let it cool and then refrigerate until chilled. Soak cotton balls in the tea, lean back, and gently apply the cotton as a compress on the areas around your eyes for five to ten minutes. This treatment will leave your skin glowing—without any impact on your wallet!

3-Day Skin Fix Recommended Products

Sea Mud/Sea Mud Masks

Borghese Fango Active Mud Face and Body. This mud, sourced from Tuscany's volcanic hills, can be used as a facial mask or body treatment.

Adovia Purifying Mud Mask. This mask contains Dead Sea minerals and soothing aloe vera and vitamin C. They also offer Adovia 100 percent pure Dead Sea mud.

Erno Laszlo Sea Mud Exfoliating Mask. This mask absorbs oils and gently exfoliates dead skin cells. Best for normal to oily skin.

Honeymark's Mud Mask. This unique combination of Dead Sea mud and Manuka Honey from New Zealand revitalizes the skin and restores moisture.

Keihl's White Clay Mask. White clay from the mouth of the Amazon River combined with aloe vera and oatmeal.

SkinCeuticals Clarifying Clay Mask. A combination of clay, aloe vera, chamomile, phloretin, and a blend of alpha hydroxy acids make this mask great for all skin types.

Sea Salts

San Francisco Bath Salt Company offers a variety of bath sea salts, including Pacific, European, and Dead Sea salt.

SaltWorks. If you are looking for unique sea salts such as Himalayan and Hawaiian Red, this is a great resource. They also offer Atlantic, European, and Dead Sea salt.

Antioxidant Masks

MD Formulations Moisture Defense Antioxidant Treatment Masque. Designed as a super-hydrating treatment, this mask serves up a healthy dose of natural antioxidants, including vitamin E, green tea extract, chamomille extract, and calming licorice extract.

Apivita Express Beauty Revitalizing Mask with Pomegranate. Infused with antioxidant-rich pomegranate and green tea, this mask contains natural moisturizers including honey, olive oil, and vitamins.

Origins Drink Up 10-Minute Mask to Quench Skin's Thirst. Contains algae extract and apricot oil.

Clinique Moisture Surge Mask. Algae extract and mango seed butter, a dynamic duo for the moisturizing mask.

Jan Marini Age Intervention Regeneration Mask. Made with resveratrol, peptides, glycolic acid, and antioxidants (green tea, white tea, pomegranate extract).

Koh Gen Do Oriental Plants Deep Moisture Mask. Combines red, green, and brown algae extract, vitamin E; and jojoba oil. This mask is left on overnight to give you a beauty treatment while you sleep.

Caudalie Masque-Crème Hydrant. This creamy mask boasts potent antioxidants derived from grapes.

Boscia Intensifying Moisture Pack +. Combining the best of both worlds this mask includes plankton and algae extract plus beta carotene.

Part Two

Everything You Need to Know About the Sugar Detox

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