

First online lifestyle diet to beat obesity?

Submitted by: Beat Sugar Addiction

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With nearly two thirds of the British population being overweight or obese (source 1 (<https://beatsugaraddiction.com/world-getting-fatter/>)) the majority of the population needs to try and correct the problem now before it leads on to problems caused by obesity which include diabetes 2, heart failure, kidney failure and a host of other health problems.

However, finding the right diet has been difficult, if not nearly impossible. Many weight loss diets work for a short time but many people fail to keep the weight off. Some involve fasting which can be difficult in today's busy world, while other's involve strenuous exercise which for some people is a no go area such as people with a disability, those who are dependent on steroids to keep them alive, are just a tiny example which can rule out any chance of success - until now.

Many food shoppers (usually women) have full time jobs as well as providing food for the family and time doesn't allow one person to provide separate meals for all the family. What is needed is a lifestyle diet that all the family can enjoy and benefit from.

The SugarNoNo Lifestyle diet is a simple solution to the problem, which doesn't involve fasting or even going hungry. It does however involve discipline and you'll need to make some sacrifices such as cutting out sugar loaded food and drinks but the SugarNoNo Lifestyle diet will guide you along the road to a slimmer and healthier life.

The SugarNoNo Lifestyle Diet will help you free yourself and your family from the sugar dependency that has been forced upon you. It has been proven that sugar is more addictive than heroin (source 2 (<http://www.nydailynews.com/life-style/health/white-poison-danger-sugar-beat-article-1.160523>)) and we all love the stuff (sugar that is). The problem is that sugar will load on the pounds faster than eating a pound of lard. Food and drink producers love sugar but hide the fact in the small print. Very few of us have the time to do the weekly shopping going armed with a calculator and a magnifying glass. We see something that looks nice on the packet and dump it in the basket without reading the small print or calculating just how much sugar has been added to suit our sweet tooth. Even products like a hot curry (which we assume will be spicy rather than sweet) can be loaded with sugar. Sounds confusing we know but the SugarNoNo Lifestyle Diet plan will help you on the way to understanding the problem, losing weight and living healthier.

The diet has been created and tested by Stephen Linden-Wyatt whose family suffer from Diabetes and many other health problems and disabilities. Stephen stated "when my mother was diagnosed as suffering from type 2 diabetes I started to search for a diet online but found that there were a few books available but very little else. As both my parents and my sister are disabled, I do the bulk of cooking and was surprized to see just how much sugar is hidden in a product. I joined a few of the leading Diabetes charities but the only advice I was given was to eat as normal but in moderation. I then continued searching and came across some shocking facts such as every week 175 people have a limb amputated due to Diabetes. I started to wonder how many of them were "eating as normal but in moderation".

Stephen goes on to state "it has taken me 18 months to develop cook and test all the recipes and thanks

go to my family for being Guinea pigs as some didn't end up as intended and ended up having sandwiches for dinner on more than one occasion.

The diet has been designed to make it easy on both the breadwinner and chief provider. It is aimed at a wide audience and should be beneficial to anyone wishing to reduce the damage Sugar is causing. For years we have been told that fat and salt were bad for us but new testing methods are showing that sugar is more dangerous than either fat or salt. The diet is aimed at helping to solve the obesity problems which were highlighted by the Public Health England report on sugar reduction: The evidence for action (source 3 (<https://beatsugaraddiction.com/public-health-england-report-on-sugar-reduction-part-one>)). The only part of the report taken up by the Government so far is the introduction of the sugar tax which on its own will do little to help reverse the damage being caused by excessive sugar intake.”

The SugarNoNo lifestyle diet cost only £24.95 per family (user) and comes with the back-up of a community of fellow dieters, meal plans and over 100 tried and tested sugar-free recipes. More on the SugarNoNO diet can be seen here. (Source 4 (<https://sugarnono.co.uk/sugar-free-diet/>))

Further editorial if required.

There have been several reality TV programs on the damage sugar can do to your body. The Sugar Free Farm which ran on ITV for three episodes in Jan/Feb 2016 is to be expanded in 2017 where a new set of celebrities face the same challenges as did musical theatre star Jane McDonald, comedian Rory McGrath, quiz mastermind and Chaser Mark Labbett, actress Tupele Dorgu, TOWIE's James 'Arg' Argent and dancer Jennifer Ellison in the 2016 show.

Going cold turkey from sugar can be seriously tough and Sugar Free Farm sets out to put this to the test. Six famous faces undergo a dietary experiment: living entirely without sugar for two weeks. Turning their backs on the modern food industry, they live and work on a country farm in return for their share of healthy, wholesome food. Breaking their addiction to sugar will push their bodies to the limits.

Speaking to the Press & Journal Jane said that 'I've been poisoning myself with sugar'. Jane went on to say that "she hadn't realised how sugar-heavy her diet was – I'd have sweets when I was travelling and scoff biscuits and cakes if I felt my energy drop. I was the sort of woman who thought life was too short not to have a scone, and I did drink a lot of wine – around a couple of glasses a night.”

The article went on to state that Jane talks about shedding a stone and a half (9.5kg) after taking part in ITV's new show, Sugar Free Farm. If Jane can do it, so can anyone. (Source 5 (<https://www.pressandjournal.co.uk/fp/lifestyle/celebrity/812729/jane-mcdonald-ive-poisoning-sugar/>)) Mark Labbett (better known as the Beast from the TV program the Chase) was asked why he wanted to take part in Sugar Free Farm. He replied "It was obviously an interesting challenge because I'm a massive sugar consumer. It's one of the reasons I'm so big; it's my vice. So I thought the idea of two weeks on a farm would be an interesting challenge. I'm lucky that apart from being too heavy I've always kept myself in pretty decent shape, I go to the gym a lot, so I've got big strong muscles. At the same time I'm conscious that being this heavy is at some point going to catch up with me.” Mark was also asked did he lose any weight. He replied "Yes, by the end of the first week I'd lost 11

pounds and I felt fantastic.”

Any questions then please contact Stephen Linden-Wyatt at admin@sugarnono.co.uk or call him on 07985 175972.

Picture: Stephen Linden-Wyatt in the kitchen.