

"We're helping people around the world to gain control of their health."

Since 2013, Sarah Wilson's I Quit Sugar 8-Week Program has helped 600,000 people around the globe to quit sugar. The 8-Week Program offers dietitian-approved weekly meal plans, recipes, and forums, with more than 20 health and wellness experts offering practical tips for quitting the white stuff.

The Program's enormous success centres around its gentle approach to healthy living - it's not a diet, it's a lifestyle change. Packing a nutrient-dense punch, the Program has helped hundreds of thousands of people break their sugar addiction, lose weight, increase their energy levels and improve their overall health.

Members from the latest round of the 8-Week Program agree:

Natasha, Sales Assistant, ACT: "Sarah revolutionised the way I thought and felt about food."

When doctors discovered Natasha had metal poisoning as a result of a hip replacement, she required several operations that left her in chronic pain and on heavy medication. Natasha's body was left in a terrible state and her sleep deprivation drove her to constantly crave sugar. After discovering Sarah's cookbooks, Natasha signed up to I Quit Sugar's 8-Week Program. Since completing the Program, Natasha has lost 12 kilos, is pain free and is finally able to enjoy life with her four daughters and her loving partner. Natasha said, "I can't tell you how grateful I am for truly turning my life around. I would hate to think where I would be now if I hadn't made such amazing changes through the 8-Week Program."

Pamela, Communications Officer, ACT: "If you are thinking about quitting sugar, then do this Program. It will give you the best possible chance for success."

After returning to full-time work, Pamela tried to lose her baby weight by drinking nothing but protein shakes for breakfast and lunch. Constantly hungry and feeling like she was missing out, Pamela gained 30 kilos and was diagnosed with Hashimoto's. Her depression spiralled out of control and sugar became her crutch. After signing up to I Quit Sugar's 8-Week Program, Pamela lost 8 kilos and has gained control over her life. Pamela said, "The support and information from the I Quit Sugar team was an integral factor in my success."

Mark, Network Engineer, NSW: "I was sick of unsustainable, yo-yo dieting, so I quit sugar."

Seeing himself in holiday pictures triggered Mark's desire to quit sugar: "I looked like a stuffed walrus." After trying different diets with no success and to end the constant yo-yoing of his weight, Mark signed up to I Quit Sugar's 8-Week Program. Weighing in at 98 kilos at the start, Mark lost almost 12 kilos and is no longer a prisoner to calorie counting.

Commenting on the success of the Program, Sarah said: "I'm beside myself with (satiated!) joy that so many people have been able to experience REAL results from quitting the white stuff. It's heartening to hear what people have found and learned on the Program."

Want to ditch the guilt and fall in love with food again? Kick off 2015 with a healthier you by registering for our next 8-Week Program launching on January 22, 2015. Registrations are now open and close January 20, 2015.

Sarah Wilson, Natasha, Pamela and Mark are available for interview.

About Sarah Wilson

Sarah Wilson is a New York Times best-selling author, former editor of Cosmopolitan magazine and host of the first series of MasterChef Australia, the highest rating show in Australian TV history. You can find Sarah blogging at SarahWilson.com, bush hiking or biking through the streets of Sydney.

Contacts

Loren Davis

mailto:loren@iquitsugar.com