

## [BOOK SUGAR BUSTERS%0A](#)



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### **Sugar Busters H Leighton Steward H Leighton Steward**

Written by three renowned physicians and a CEO of a Fortune 500 company, Sugar Busters! is a revolutionary new diet plan based on sound nutritional principles that shows you how to reduce the sugar in your daily menu. This effective and groundbreaking program steers you away from overhyped (and insulin-stimulating) foods such as potatoes and pasta, white bread and white rice, carrots and corn and leads you toward a sensible consumption of delicious foods once considered taboo.

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### **The Sugar Busters Diet Pros Cons and How It Works**

This diet was first popularized in the 1995 book, Sugar Busters! Cut Sugar to Trim Fat by H. Leighton Steward, Sam S. Andrews, Morrison C. Bethea, and Luis A. Balart. (All but Steward are medical doctors.) The authors published a follow-up called "The New Sugar Busters! Cut Sugar to Trim Fat" in 2002. There are also cookbooks, a shopping guide, and even a kids' edition.

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### **Sugar Busters Wikipedia**

Cut Sugar to Trim Fat was self-published by the authors in 1995 and became a local hit in their hometown of New Orleans, after which Ballantine Books republished the book nationally. The Ballantine edition hit #1 on the New York Times bestseller list in June 2001. An updated The New Sugar Busters! Cut Sugar to Trim Fat was published in 2003.

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