



The Anti-Anxiety Diet: Bestselling Author of I Quit Sugar

Sarah Wilson

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A two-week sugar detox that tackles anxiety (for good).

Why are we so anxious? Why are more of us more anxious than ever before?

The most recent and compelling science tells us that anxiety is not merely a chemical imbalance in the brain, it's a result of inflammation and a dodgy gut. Which means that anxiety has a lot to do with our lifestyle choices, particularly what we're putting in our mouths.

If you're eating more than six teaspoons of sugar a day, then no wonder you're anxious. But there are some simple swaps you could make to help ease and soften your anxiety. Ditching processed food and eating more whole foods leads to better mental health. And the most direct way to make this switch is to quit sugar.

In *The Anti-Anxiety Diet*, sugar addiction expert Sarah Wilson explores how the anxiety fix doesn't have to be medication. It could be putting in place a few simple, sensible and life-enhancing dietary and daily habit change-ups.

This is a little book about what to eat if you want to feel well. Packed with delicious, easy-to-prepare recipes and colour photos it's a simple two-week plan to soothing the anxiety beast.

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Meg says

Helpful as far as Sarah Wilson's other books, though minus the depth and plus some uncited pseudo-science. Wouldn't recommend just because I need more factual basis for stuff like this. A bit disappointing and very brief. Not likely to help me, though the author's other books are solid.

Rosamond Rose says

This book appeared in my kindle today having pre ordered it ages ago, perfect timing as my anxiety has reared its ugly head again. I know I feel better when I cut out sugar but for some reason I've been eating it again, and again my anxiety is back, it's nice to read about how someone with anxiety deals with it.
