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Sarah Wilson is a New York Times bestselling and #1 Amazon bestselling author and founder of IQuitSugar.com. Her new zero-waste cookbook, *Simplicious Flow*, was released in Australia in September 2018.

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Are Sugar Alcohols Healthy Mark's Daily Apple

I've been on a bit of an alternative sweetener kick these past few weeks, for good reason: people want and need to know about this stuff. While a purist shudders at the prospect of any non- or hypo-caloric sugar substitute gracing his or her tongue, I'm a realist. People are going to partake and

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Can people quit smoking and still drink alcohol

There are different groups of people that must be taken into consideration when addressing alcohol and quitting: people who have never taken a drink in their lives, people who are truly social drinkers, drinkers who consider themselves to be social drinkers but who may in fact have a drinking problem, people who know that they are

alcoholics and who have quit drinking, and people who are
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