

JJ VIRGIN's
**SUGAR
IMPACT
DIET**

SUGGESTED INTERVIEW QUESTIONS

What is wrong with the glycemic index? How has it failed us?

Why shouldn't we snack?

Where do sugars hide the most?

What are signs of high Sugar Impact?

What is sugar doing to our health?

Why is fructose worse than glucose? Isn't it just natural fruit sugar?

What's so bad about artificial sweeteners?

How do I know how much sugar I can eat?

How can I tell if something has hidden sugar in it?

What about natural sugars, can I use honey or agave?

What are some safe sugar substitutes?

I have had a sweet tooth my whole life – how do I get over the cravings?

Why do I have to cut out the fruit for 2 weeks?

What can I do if a craving hits?

Every time I try to cut out sugar, my energy crashes! What can I do?

What is a sugar burner and how do I know if I am one?

How do I become a "fat burner"?

Walk me through the Sugar Impact Diet? How does it work and how is it different from other programs?

You say that all sugar is not created equal, what do you mean by that?

What are some of the benefits of the program and how quickly can you see changes?

What causes you to crave sweet or have a sweet tooth?

What role does stress play in sugar addiction?

You say that sugar is a drug – what do you mean?

Can you really get rid of a sweet tooth?

I don't cook – will I be able to do this program?

How do I do this on a budget?

What about coffee and alcohol?

Share some of your favorite success stories