



The Sugar Addict's Total Recovery Program

Kathleen DesMaisons

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Building on the science of nutrition that she outlined in her bestselling book, *Potatoes Not Prozac*, Dr. Kathleen DesMaisons now presents the first complete, in-depth dietary plan for living with—and healing—sugar sensitivity. She explains exactly how you can free your mind and body from the tyranny of sugar and shake off the exhaustion, mental foggiess, and mood swings that sugar dependence causes. Revealing the various ways sugar addiction affects both men and women, and the unique methods for healing it, Dr. DesMaisons encourages you to custom-tailor her simple program to fit your lifestyle and includes information on

- How to integrate a “slow-carbs not low-carbs” strategy into your diet
- Why regular protein is essential and how to get it with every meal
- What to eat when a sugar craving strikes
- How to get the nutrition you need on the run—even at fast-food restaurants
- How to find an exercise program you’ll enjoy
- Ten breakfasts you can prepare in a flash
- Menus and recipes for every lifestyle and taste

Practical, hands-on, and reader friendly, *The Sugar Addict's Total Recovery Program* will transform your life by helping you eat right—starting today!

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Milton Jones:

This The Sugar Addict's Total Recovery Program is great guide for you because the content and that is full of information for you who always deal with world and have to make decision every minute. This particular book reveal it information accurately using great organize word or we can claim no rambling sentences inside. So if you are read the idea hurriedly you can have whole facts in it. Doesn't mean it only provides straight forward sentences but hard core information with wonderful delivering sentences. Having The Sugar Addict's Total Recovery Program in your hand like obtaining the world in your arm, facts in it is not ridiculous one particular. We can say that no e-book that offer you world in ten or fifteen tiny right but this reserve already do that. So , this can be good reading book. Hey there Mr. and Mrs. busy do you still doubt which?

Susan Scott:

As a pupil exactly feel bored to be able to reading. If their teacher asked them to go to the library or make summary for some guide, they are complained. Just minor students that has reading's internal or real their interest. They just do what the professor want, like asked to the library. They go to generally there but nothing reading very seriously. Any students feel that looking at is not important, boring in addition to can't see colorful pictures on there. Yeah, it is for being complicated. Book is very important in your case. As we know that on this period of time, many ways to get whatever we would like. Likewise word says, many ways to reach Chinese's country. Therefore this The Sugar Addict's Total Recovery Program can make you really feel more interested to read.

Thersa Davenport:

What is your hobby? Have you heard which question when you got college students? We believe that that concern was given by teacher with their students. Many kinds of hobby, Every person has different hobby. And you also know that little person like reading or as looking at become their hobby. You need to understand that reading is very important along with book as to be the point. Book is important thing to increase you knowledge, except your teacher or lecturer. You find good news or update with regards to something by book. Different categories of books that can you choose to use be your object. One of them is The Sugar Addict's Total Recovery Program.

James Snider:

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