

THE SUGAR ADDICT'S *Total* RECOVERY PROGRAM

All-Natural, Simple Solutions That:

- Eliminate Food Cravings • Build Energy
- Enhance Mental Focus • Heal Depression

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The Sugar Addict's Total Recovery Program: All-Natural, Simple Solutions That Eliminate Food Cravings, Build Energy, Enhance Mental Focus, Heal Depression



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Building on the science of nourishment that she outlined in her bestselling publication, *Potatoes Not Prozac*, Dr. Kathleen DesMaisons now presents the first comprehensive, in-depth dietary plan for living with and healing. Ways to get the diet you need on the run beginning today! Revealing the various ways sugar addiction affects both men and women, and the unique options for recovery it, Dr. DesMaisons encourages you to custom-tailor her simple program to fit your way of living and includes info on slow-carbs not low-carbs” How to integrate a “ technique into your daily diet. Why regular protein is essential and how to get it with every food. What to eat when a glucose craving strikes sugar sensitivity. Menus and recipes for every way of living and tastePractical, hands-on, and reader friendly, *The Glucose Addict’s Total Recovery Program* will transform your daily life by assisting you eat best ll enjoy. Ten breakfasts you can prepare in a flash even at fast-food restaurants. How to find an exercise program you’ She explains just how you can free your mind and body from the tyranny of sugars and shake off the exhaustion, mental fogginess, and disposition swings that glucose dependence causes.



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Sugar-lovers - You can find your sanity back with this book! This is our rehab system! I fell wonderful now that I am off of sugar.... With this publication I have been able to stop and stop the cravings for it, so now I can say I have a good chance at not re-activating my cancer, because of Kathleen and this publication she wrote!) is leading to so a lot of what I idea was just random, chaotic emotional problems with no source. Hoping it helps my glucose addiction! I decided to come home and find some books on the subject. Who knew? Trust me, this can work for you! Already I'm developing consistent food habits and a greater understanding of myself and my body, feeling much less "randomly insane" and miserable because of blood sugar issues and I'm not a 1/4 of the way through the publication. Whether you're looking to just eat better, lose fat, or totally abandon sugar, this book offers extremely great and nurturing, scientific support to do anything and help you figure it out along the way! A fresh chance at life! This has got to be the very best book I've ever read on addiction. It especially focuses on sugar addiction, and without a doubt, it really is like she personally wrote this publication for me personally. I mean the items she describes a sugar addict will and the problems they possess and the selling point of sugar fit me precisely! Exactly, exactly! Great for diabetics like me Goes along with "Your Last Diet plan". Good book. Anyway, the reserve isn't about the annals of glucose or its part in politics or anything, but if you're trying to lessen or lower out the glucose, this method is among the greatest that I've seen. Changed my life As the kid of an alcoholic I always experienced a parallel between how I used glucose and how my mother or father used alcohol. I've by no means felt better in my life! It really is such a alleviation to get a break from the cravings and continuous nagging thoughts about sugary foods. Five Stars Fast delivery just started to read! Now I am winning it. I've had active malignancy. It is today in remission. Sugar will cause it to re-activate if I didn't stop using it, and I understood this before I examine this reserve. Even knowing glucose would probably re-activate my cancer, as much as I was consuming, it was not enough to avoid me! in the first chapter I was crying with alleviation reading about how exactly my sugars sensitivity (as I know now! I known as myself a "low energy" person, but I didn't know why and I didn't understand how much of my life and character it affected. Bought 2 even more to give to various other people! And now I've tools for stopping the routine after a problem instead of it leading to times of bingeing on sugars filled treats. Sugar was ruining my entire life and I didn't even understand it I've known my whole life that We was different. Thank You Kathleen! For at least a decade I've been fighting exhaustion (for no obvious reason) and all of the doctor's I am to have said a similar thing: nothing is incorrect with me and all exams are regular. The exhaustion and disposition swings have gotten poor enough in the past three years that I've began having difficulty maintaining human relationships and professionalism also at work. Good book. I felt therefore relieved that I didn't need to suddenly cease eating 5 issues I liked and/or am addicted to, but rather issue could be taken at my own pace, and that is a big reason I thought we would follow this "plan" instead of something more fad-like or extreme. DesMaisons reserve I was hooked. From web page 1 of Ms. Before I had finished the 1st chapter I acquired cried twice (a couple more crying episodes would follow in later on chapters). THIS is what I've been fighting, not just for days gone by several years, but also for my whole life. I'm still in the original stages of this program, but Personally i think very strongly that glucose addiction is true and that lots of people are experiencing it and don't even know it. Sugar is a real mood-altering compound and I'm astonished it's in so much of what we eat. Finally I understand my body. I have already been "off" the dr pepper for almost 3 months now, lost a complete of 15 pounds in the initial month! Reading the publication I felt like there was finally an explanation for what I experienced for such a long time and that there was a method to overcome it! I've the tools now to fight my addiction to sugar. Sugar addicts unite!! Therefore thankful. This book "Couldn't" be more on the tag. Did not think I had severe sugar .I've always had issues with sugars cravings and horrible bingeing, and (I thought separately) had issues with mood swings, depression, anxiety, irritability.. I been reading a magazine at an automobile dealership when articles about sugars addiction caught my eye. Did not think I had severe sugar addiction

but discovered I do. Amazing the changes that are happening as glucose is being reduced. Without sugar, my feeling stabilized all on your own and I could halve my antidepressants. That is our rehab plan! If you can't get past sugar fixes, go ahead and get into the Glucose Addict's Total Recovery System!.. I still possess my moments, but a cookie occasionally vs a whole container at one sitting is usually amazing. Just 2 "steps" in and already I cherish this book. . Sugar Blues will tell you why you need to prevent and the Recovery Program are certain to get you there! VERY FIRST THING That's Worked for me personally This book combines psychology and addiction with diet and it computes rather well. It has been almost a yr since I read the reserve and started this program and, apart from the vacations, I did effectively with it. She repeats herself a lot but I needed to be reminded and nudged toward recovery. I dropped a little bit of weight, but mostly, I did it for psychological factors and it really helped. Sugar addicts unite! I was really skeptical, but this issue actually worked. The author really makes it apparent with scientific and soothing details that this is approximately healing yourself and your actual human brain chemistry, and that it can easily be done with endurance and following a steps, which she helps and details clearly. I have already been able to stay away from dr pepper which I have drank most of my entire life, and "A" "Great deal" of it too. Overall, it's well written and such, but could use more dishes. Can't state that I don't need glucose but my own body feels so excellent that I have become the person who would like to find something that tastes sweet but is wonderful for me and is not sugar. As many others have said, this information and program are existence changing. Don't hesitate to get this book. I linked to every phrase of it. I understood I had a problem with sugar which book was really good assistance for me. I rented it from the library and experienced to buy it because I liked it therefore much and really wished to use it just like a workbook, as the writer suggests. Five Stars No problems- good book You gotta get this book! MANY THANKS Kathleen!! Knowledge is the foremost asset with regards to fighting any fight and I was dropping at my battle with sugar and dr pepper!This book is written in a very caring, knowledgeable and clear way. As soon as I get my discipline in place! It arrived on time! Ideal for diabetics like me. Five Stars The book was in great condition! essential READ - BOOK A MUST READ! Reserve changed my life. Four Stars Right on point



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