

SUGAR ADDICTION UPSETS
YOUR WHOLE BODY CHEMISTRY.
NOW LEARN HOW YOU CAN...

LICK THE SUGAR HABIT

"An absolute must... I recommend this book to everyone who has made personal health a priority."

—London Smith, MD, author of *Feed Your Kids Right*

NANCY APPLETON, PhD

BEST-SELLING AUTHOR OF *HEALTHY BONES*

Nancy Appleton

Lick the Sugar Habit: Sugar Addiction Upsets Your Whole Body Chemistry



[continue reading](#)

Are you a sugarholic? In *Lick the Sugars Habit*, she clarifies how it worked for her, and how it can benefit you too through a variety of simple methods, and mouth-watering, healthful dishes. A sugarholic since childhood, Dr. Sugar upsets body and devastates the endocrine and immune systems, resulting in a bunch of diseases and conditions including hypoglycemia, diabetes, osteoporosis, arthritis, cancer, heart disease, headaches, allergies, asthma, weight problems, periodontal disease, tooth decay, and more.s as bad for you as it sounds.without drugs! As Americans, we consume on average 150 pounds of sugar a yr, and that'Follow one of three detailed food programs to east yourself right into a low-sugar lifeThrough a variety of simple techniques, learn to banish sugars cravingsSavor healthful, hearty dishes like Warm Asparagus Soup, Persian Lamb and Bean Stew, and Savory Pepper Pilaf.Are you a sugarholic? Response the questionnaire to find outTest yourself for food allergies due to sugarEnd sugar-related calcium reduction, heartburn, and indigestion— Nancy Appleton healed herself of chronic ailments by changing her diet plan. Choose from an entire chapter of easy-to-prepare recipes



[continue reading](#)

Lick the Sugar Habit This is an excellent easy to read handbook about health and nutrition and the "foods" to avoid putting in your mouth. The result: The younger and healthier you will be the longer you can stave off the big impact, but ultimately whatever we are genetically weak at eg cancer, heart disease, arthritis, allergies, pores and skin issues have a much greater chance of being manifested within the body. This is the reserve to get. The name is usually a turnoff to many people for some factors -- 1. they are in denial 2. they don't realize how much sugars is in all of the packaged, canned and bottled "stuff" they consume and 3. I purchased this additional someone to share with my Nurse Practitioner who works with patients that are experiencing weight issues. It ought to be published under a title something like: "HAVE SIGNIFICANTLY MORE Energy and Save A lot of money in Doctor's Bills" or "Eliminate That SURPLUS FAT You Are Carrying Around". This book really kinda scares the heck outta ya.! A must go through for anybody who wants to improve their . Amazing book. Great Insights and Substance Presented in a manner that is easy to comprehend, along with Entertain This book is fanastic and beyond insightful. I've given it to so many people and it helped them know very well what sugars is doing to their body.I simply got rid of allergies, what if your genetic weakness is cancer or cardiovascular disease? Education is paramount to a healthier lifestyle and this book is a must for anyone wanting to manage their wellness. Must read for anybody who eats sugars and carbohydrates generally, which is virtually everyone. Unlike the favorite "Sugar Busters", Dr. Appleton's book is more audio and less sensational. seems to be the standard. On the contrary. She does an excellent job of keeping the reading connected and them with useful insights into what glucose really does to your body, including sharing her own personal trip with such. She really knows her stuff, and lots of the info was eye-opening. Much more substance and helpful info. It is a real eye opener! Changed my life!! We consume about 10 instances more glucose then we are likely to. This upsets vital chemical balances that outcomes in your body's inability to efficiently absorb and retain vital mineral and vitamin supplements. This further upsets the body's capability to effectively make the required hormones and enzymes we need. The only thing I would change about any of it is it's title. The actual fact that my mom was referred to in addition, it makes me believe.I had severe allergies throughout the year. I was acquiring six meds, but still got worse every year. I decided to stick to the book's recommendations. . Only in worst instances of the entire year I probably possess 10% of symptoms I used to (and without meds!) Side advantage, I dropped 23 pounds, I've oodles more energy and may think more clearly than I've in years. Through understanding people could be more at cause over their health care problems. It really is a book quite definitely well worth reading and heeding.The information is so valuable . Five Stars My child is pre-diabetic so this book is extremely helpful for her. Great book. I already had this reserve and love it. I recommend it to everyone. People are addicted to glucose and this book reveals the various conditions that it causes. I highly recommend it!.. A must browse for anyone who wants to enhance their health. This reserve can solve a lot of questions for you personally about issues that might have been bothering you for years. In case you are suspicious that sugar may be the root cause of your complications - you'd be right! Among the highest recommended books upon this topic I needed a book to put things into perspective about the reality of sugars and it's harmful effects. I have purchased MANY copies of this book and when I provide it to friends and family, they all have the same reaction -- "sure I love sugar but it isn't a habit -- I don't actually eat that very much". And, she's not writing this to simply dazzle and impress like Sugars Busters does. Like the majority of who would search for a book of the type, I am one who overindulges in sugar.S. My mother was also searching for this kind of book, and separately from me, she was described this one. From all of

the reviews I've continue reading various "sugar books" ahead of purchasing that one, L. I recommend this book for good information on glucose, how exactly it affects the body, and the different forms of sugars. I usually cannot change such behaviors until I get a little perspective, and this book will give you that. I already had this book and love it. But don't get me wrong, it isn't boring or so fact-filled that it is hard to understand. It makes sense, if we are low on the nutrients, vitamins, hormones and enzymes, ultimately the body breaks down - not forgetting getting fat! Must Have!Result: I am off my meds and almost allergy free... Great info for realizing the deleterious ramifications of sugar Very extremely informative.All the most effective;easy read, she's the concept down as far as sugar and its own demise on our bodies. Readable.. Nancy writes from first hands experience Makes you a believer in obtaining sugar out of your life Five Stars really broke things down nicely Insightful Its an ok book, dated, but i did glean some things from it. Some wonderful sugar free recipes are added. Would recommend this furthermore to other books if your concerned about your sugar addiction. Good information. Five Stars Interesting book Good information.. Helpful advice.T. I recommend it to everyone Great publication. Great info for realizing the deleterious effects of sugars...H. people do not like to believe they have bad habits". and wishing you a new you too. This book really kinda scares the heck outta ya. I purchased this additional someone to give .



[continue reading](#)

download free Lick the Sugar Habit: Sugar Addiction Upsets Your Whole Body Chemistry epub

download Lick the Sugar Habit: Sugar Addiction Upsets Your Whole Body Chemistry e-book

[download Foods That Heal: A Guide to Understanding and Using the Healing Powers of Natural Foods epub](#)

[download free Dr. Jensen's Guide to Better Bowel Care: A Complete Program for Tissue Cleansing through Bowel Management mobi](#)

[download Aromatherapy for Vibrant Health & Beauty/a Practical A to Z Reference of Aromatherapy Treatments for Health, Skin, and Hair Problems Using Essential djvu](#)