

Little Sugar Addicts

End the Mood

Swings, Meltdowns,

Tantrums, and Low

Self-Esteem in Your

Child Today



- How to Recognize Sugar Sensitivity in Your Youngster
- Easy Ways to Get Your Child to Eat the Right Foods—Without Deprivation
- Menus, Grocery Lists, and Recipes (Including Kid-Friendly Recipes They Can Make Themselves)

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Little Sugar Addicts: End the Mood Swings, Meltdowns, Tantrums, and Low Self-Esteem in Your Child Today



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Sugar ISN'T Love Do you have a smart, creative, loving child who is also cranky, inattentive, and sometimes downright obnoxious? s time, including ideas for meals and snacks, plus recipes Little Glucose Addicts isn't forbidden fruit. A step-by-step program, backed by years of research, for gradually improving the food your son or daughter eats— for your child's specifically to the sugar in obvious sources like sweets and soda and to hidden sugars that lurk in lots of foods, fruit-based drinks, and “ Methods to incorporate healthful snacking and regular mealtimes into your child's stop and think that: Does your son or daughter have a taste for soda, sugary breakfast cereals, and treats like candy and cookies? Does she eat regularly scheduled meals or skip them? What, exactly, does he drink and snack on during the day? Your kid's healthful's age—s behavior may be linked to diet— snacks like granola bars. And if your son or daughter is sugar sensitive, misbehavior and moodiness could be aggravated by missed or past due meals and junk foods. Now, bestselling author Kathleen DesMaisons offers you a workable solution so you can get back your son or daughter by changing his diet plan—without creating a sense of deprivation, without setting unrealistic goals, and without turning sugar into “ve written off this negative behavior as “” This book offers: •typical” you as well as your whole family will benefit! • Tips for navigating the sugar-laden globe of birthday parties, vacations, and school cafeterias •whether toddler or teen— If you't about strange foods, dramatic lifestyle changes, or complicated menus—just support, assistance, and real-lifestyle suggestions from additional parents that work. It will help you make the connection between the addictive qualities of glucose and adverse behavior and offer a healthy solution you and your whole family can live with.



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I must say I do notice a huge difference in behavior I knew I had to do something. Initially, from enough time my kids were babies I started them off from a nutrition perspective. At least, I thought I did so. Loved it! I am hoping that others will reap the benefits of it. It is not so radical that you can't begin. After reading this publication, the grandchild's diet was changed most especially to include more proteins and we noticed a notable difference in the first week. if concentrated sugar items were consumed. She asks for all of them. I tried to take them off glucose myself but without adding in the protein that I didn't understand they needed it was a lost cause.! Rather than eating one cereal bar, my son would devour the entire container (by sneaking around) and could have no appetite for dinner. Breakfast would consist usually of a cereal and milk. I believed we were doing alright because I was trying to select a cereal with less than 9 grams of sugar. However, a meltdown was around every corner as their blood glucose soared and dipped throughout the day. But simply because this book explains, it isn't JUST about blood sugars. There are so a great many other factors at work adding to the erratic and overly delicate/moody/tantrum-loaded behavior. I was surprised the author didn't address dairy casein which is a common hidden problem (not only lactose as one reviewer described). In my humble opinion this book should be a "go to" for both parents and practitioners ahead of more aggressive treatment options.)Of course, there are times when we perform slip up. I produced a serious mistake 14 days into this by allowing my son a root beer along with his dinner at a cafe. Kathleen DesMaisons. I like that the actions are laid out in an easy to check out method.! Today, in the afternoons if indeed they want something nice they reach for an apple with homemade peanut butter. While their behavior isn't perfect it really is SIGNIFICANTLY improved. Therefore much so that I need to keep on with this new way of eating permanently. I have been following the suggestions as well and I feel great. I'm eating significantly more protein and loading through to fruits and veggies and I feel excellent. I'm satisfied throughout the day and my hunger stays at bay. I believe I'm actually slimming down as well. :)I am grateful that I came across this reserve. I had lofty intentions. It really is an instant but possibly life altering read. Diet make a difference cognitive ability and behavior, essential read for both parents and healthcare practitioners As a nurse I found the info in this publication quite informative. I bought the book looking for a connection that there is a possibility that blood sugars ups and downs were impacting my grandchild's cognitive abilities even though diabetes was not involved. Specifically, this child was extremely reactive to glucose with extreme energy burst, crying, etc. But as time passes and with outside influences their diet plan became horrible. Kathleen DesMaison's "Potatoes Not Prozac" and "Sugars Addict's Total Recovery Plan" BEFORE my DD started eating solid food.. They ate lots of fruits and veggies and people were surprised by their excellent eating habits. It offers lots of practical advice on how best to help your kids (and yourself) decrease the amount of sugar and white carbs consumed. I acquired an open up and honest dialogue with the kids about the changes we would be making and during the period of the last 3 weeks I am proud to survey that we are almost completely off sugar (except what's in fruit. Ideal for Teens too Although I wish I had this reserve when my kids were young, I still highly recommend it for parents of teens. Better late than by no means. I would increase this that dairy sensitivity is rather common in kids/adults fighting these issues. As the writer suggested, we began slow. I also recommend going on the author's website and joining the community for support and information from other parents because that may make the difference between this being truly helpful or just another passing thing. Helpful advice I am a glucose addict therefore is my young child. K's warm, caring, funny, and above all easy-to-read book, I know I will possess all of the resources that I need to complete this. Also the pre-school teachers commented on the apparent change aswell. The meltdown and tantrums that ensued that night were all the proof I needed that we must stay the course. There exists a section of recipes by the end that are healthful alternatives to preferred foods. I would buy it for the recipes alone! eye opener, excellent resource This book has solidified my suspicions that not merely myself, but two of my children react strongly to processed sugar. I am enjoying the simple solutions that

are step-by-step, and easy to implement. I pureed homemade baby food. I had currently pulled my kids off sugar entirely before picking this reserve up, but now I am able to better balance their diet plans and you wouldn't believe the difference I observe in my own kids! My son specifically went from being nearly unbearable, ADHD lookalike, to a nice, sweet, cooperative little boy. It may not be the answer for everyone, nonetheless it is certainly turning our lives around! A Life-Changing Book I am therefore blessed to have found Dr. Of take note, finger pricks at the MD office have been regular so no confirmed diabetes, etc. I went from no self-esteem, incredibly moody and clinically depressed to happy and confident. I KNEW it was the meals. My biochemistry had healed. It's been thus easy for me to feed my 2 y-o this way. Bravo!. she regularly eats her proteins, vegetables, and whole grains. The one soda a week I was allowing turned into a daily habit and their snacks consisted of cereal bars and sugar laden fiber bars. I'm thrilled to have received and read "Little Glucose Addicts" because as my DD ages, it will be harder and harder to maintain her eating in that healthy manner with peers included. Through Dr. I have read a few of the author's other books (Potatoes not really Prozac and Glucose Addicts Recovery) and I really believe this one is the most helpful. She'll see the connection of foods and feeling. People ask me "What did you do to deserve such an excellent kid? Reinforces so much that I learned years back and adds ... Love the recipes!. Excellent to be able to make a positive change in existence and health, for both the parents and children. He sipped the root beer all evening rather than did eat his supper. Thank you from the bottom of my very full heart. A must-go through for parents fighting children plagued by sugar addiction Fantastic guide book to navigating the child with sugar addiction. Easy to follow plans, simple explanations of the why's behind the addiction... Excellent in order to make a positive change in . Dr. I raised them vegetarian as I was for the first many years of their lives. My kids (my boy especially) had turned into complete blown sugar addicts.! and the meals! I have read the author's other books, and this is very much the same. However, I LOVE that there are kid-approved recipes in the trunk!! We've. Though I haven't tried any yet, they look easy to create and good to eat." I smile and state it's the parenting. I was longing for something a little more enlightening than that.. Reinforces so much that I learned years back and adds a lot of new insights that I can now make use of with my grandchildren. TOTAL waste of money TOTAL waste of money Not really a huge help for me personally The main gist of the book is protein, protein, protein.. Had some interesting tales and trivia in it, though. Five Stars A+



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