

**THE NATIONAL BESTSELLER
COMPLETELY REVISED AND UPDATED**

SIMPLE SOLUTIONS FOR SUGAR SENSITIVITY

POTATOES

not

PROZAC

||||| **A Natural Seven-Step Program to** |||||

- **Balance your sugar sensitivity and come alive!**
- **Lose weight, heal depression, and stop cravings**

KATHLEEN DESMAISONS, Ph.D., ADDICTIVE NUTRITION

WITH A NEW INTRODUCTION BY THE AUTHOR

Kathleen DesMaisons Ph.D.

Potatoes Not Prozac: Solutions for Sugar Sensitivity



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The nationwide bestseller that started the sugar-free revolution, fully revised and updated with the most recent scientific information and success stories from readers. Dr. Many people who suffer from sugars sensitivity don't even know it— It gave you the tools needed to overcome sugars dependency, including self-checks and a step-by-step, drug-free plan with a customizable diet designed to change your brain chemistry. Kathleen DesMaisons developed the solution and released it in her revolutionary book Potatoes Not really Prozac. This vicious cycle can continue for years, leaving sufferers obese, fatigued, depressed, and occasionally alcoholic. You're not lazy, self-indulgent, or undisciplined. These foods can trigger exhaustion or low self-esteem, however their biochemical influence makes those people who are sugar sensitive crave them even more. and they continue to consume large levels of sweets, breads, pasta, or alcohol. However now, armed with ten years of further research and patient feedback, Dr. DesMaisons provides improved her groundbreaking plan to make it even more effective and better to follow. Join the thousands who have successfully healed their addiction to sugar, lost excess weight, and attained maximum health and well-being employing this updated, innovative plan.



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You will not regret this adventure. Almost always there is side effects associated with medications, & most often simply leads into another tablet for an instant fix. It takes you through 7 measures to alter your intake of glucose gradually. I would highly recommend the publication and plan to anyone coping with food addiction, sweets craving and/or mood problems. I had no idea that skipping foods helped tap into my adrenaline responses to maintain me "high" and further energy my addictive behaviors. I knew meals could easily get me high, and I knew I was using it just like a drug, but I knew these things in secret. I can't stand potatoes but my dr . I could now talk to others about foods that trigger me to go "off the wagon" or how I am attempting to medicate myself with food. I can discuss my addiction as an ADDICTION similar to drug addiction and have for help for myself - both from myself and from others. I no more live in key shame because I finally accept and understand these behaviors are part of addiction; they aren't inherent in who I am. For the "diet", it functions if you work it. I agree about the intent of this recommendation because you mustn't force yourself through the techniques, shouldn't rush RECOVERY, and you shouldn't try to video game the machine. Absolutely great book to greatly help oneself to progress and losing fat is a by item of the procedure. Though Kathleen (the writer) recognizes that kind of behavior and reminds you not to "skip around". Understanding and learning how exactly to eat meals just like a nonaddict adult is lifestyle transforming, and that's where you will begin. But, I still feel like adding in potatoes early simply helped me when I must say i needed that enhance of neurotransmitters. One thing you should know is certainly that while she will ask you to quit your crazy sugar obsessions, she won't request it of you until you're already prepared to perform it. I did end up slimming down when I did the dietary plan, though I was even more floored by the fact that I was calm, collected, and in control of myself for the very first time in my life. Not fast but hopefully effective over time... because addiction is for life. Don't fool yourself into believing one diet plan will fix this. Understand you will have to work at it and you may need tools. Get this publication and add it to your lifelong toolbox. You will not regret it. I got from Prozac and... In case you are depressed, or have difficulty saying no to sweets, this book may help you too. This is just the book I needed to log off the pills that doctors just give away for an instant fix.. I could now think clear once again.. that basically doesn't fix anything. This book changed me. I was able to get off Prozac. Step 1 1 is to consume a protein for breakfast within an hour of getting up on a daily basis. I highly recommend reading this book. and sugar after years on every type of antidepressants that seemed to work at initial, but then back again to isolation once again. I'm no longer walking around in a fog." Step two 2 is certainly to journal and document what you eat and when and how it certainly makes you feel. For more information, visit her site of [.. I had no idea why I was feeling so exhausted and bad. Interesting read I've tried her solution of eating baked potato before bedtime to rest better. I'm so content I did! Understand this book and feel just like you're living again. Woohoo! Amazing book on Sugars Addiction Brilliant book on what sugar make a difference certain people. Via an alcoholic family glucose affects me in bad ways and pounds is only one of these. She tells how this kind of thing is not our fault but that our brain chemistry works differently but the best part is normally she tells how exactly to help oneself. I'm fiercely independent, therefore i added in potatoes much sooner than the diet needed, and I don't regret it. and the healing it has helped me find have changed my physical and metal health wonderfully. In case you are depressed Potatoes Not Prozac is a existence changing book. I continue to make reference to it, and the recovery it offers helped me find possess transformed my physical and steel health wonderfully.. This book is groundbreaking. I've tried her nutritional I have tried her nutritional program and found it didn't work for me as she's it down here, but I still idea that she shed so very much light on multiple areas of mood and diet and people in recovery, I discovered so much that it was worth it. I have adapted her nutritional system in a

way that functions for me, but it also just helped me to understand some aspects of addiction that possess always been a mystery, and I was a professional in the addictions field for awhile. RE: A great way to heal Kathleen DesMaisons' publication, Potatoes not Prozac, is truly life-changing. I've been following the first three actions of a seven-step process, for about two months now.. My dr recommended it.. Step three 3 is to possess three meals a day evenly spaced aside. I am still focusing on that stage. After going right through the seven guidelines (took about a year for me personally), I've not only lost some fat, but am a lot more confident, cheerful and in a position to enjoy life rather than being miserable usually My dr recommended it. Not merely do I appear better and experience better, my sugar cravings have vastly reduced. The added reward is that I have lost 24 pounds. Appears to work most of the time.....]. I would highly recommend the reserve and program to anyone coping with food . This book is groundbreaking. So very helpful. I had no idea that fighting to get right up each morning, rushing around to ready for work, and running out the door were part of my sugars addiction. Great book I borrowed this from a co-worker. Finished up buying a copy to maintain and one for my sister-in-law. Contributed to my son's ADHD, as well. informative Easy to read Interesting Start I'm along the way of functioning through this reserve. It's invokes a whole lot of emotion to take into account me finding this publication and learning about a part of myself I was struggling with for decades.I get back to the roots of the book when I fall away the wagon. cheerful and in a position to enjoy life instead of being miserable most of the This book changed my entire life. There are four additional steps. After reading this book, I started on a street to recovery... You add to that eating a complicated carbohydrate that she phone calls a "brown. I can't stand potatoes but my dr was happy with me for trying Kathleen's revised edition of her book is even better than the original Kathleen's revised version of her publication is even better compared to the first. She explains sugar sensitivity therefore well and gives lots of first hand and additional testimonies to how well her system works!



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