

BEAT SUGAR ADDICTION NOW! FOR KIDS

The Cutting-Edge Program
That Gets Your Kids Off Sugar Safely,
Easily, and Without Fights and Drama

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Beat Sugar Addiction Now! for Kids: The Cutting-Edge Program That Gets Kids Off Sugar Safely, Easily, and Without Fights and Drama



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The modern American child's diet is awash in sugars—" Beat Sugars Addiction Now! for Children gives parents a proven 5-step plan for obtaining and keeping their child off sugar. Bestselling writer and noted doctor Dr. Jacob Teitelbaum and pediatric nourishment professional Deborah Kennedy, Ph.D. "Dialing down the sugar articles of your kids" BSAN for Kids fixes that. D.P. including mainstays such as juice, chocolate milk, sugary cereals, soda, energy beverages, and fast-food burgers and nuggets with added corn syrup and sweeteners, aside from candy and cookies prevalent at school parties and perform dates.—D. Katz, M. The book is definitely loaded with guidance both practical and sound, doled out one very manageable spoonful at a time., M.P.H., F.A.S.P. Jonny Bowden, Ph., F., provide parents a toolkit for preventing the common pitfalls such as guilt and temper tantrums, managing the 5-stage process effectively on a day-to-time basis, and getting the youngster emotionally, along with physically, unhooked from sweet drinks, breakfast foods, snacks, and desserts, and also "concealed" sugars in foods. C. BSAN for Children is where obtaining the health advantages of less sugar for your children finally lands in the lovely spot! I'll understand how to do something about it! diets is very important but may seem daunting. Drs. Teitelbaum and Kennedy have finally written the ultimate instruction for parents who wish to obtain kids off glucose. By the time you surface finish this book, you'll be a specialist on how sugar is directly damaging your child's health; more importantly, you', Director, Yale University Prevention Research Middle and President and Founder, Turn the Tide Base, Inc. A must-possess for any parent who wants the very best for their kid." D.M.—, C.N.C., author of The 150 Healthiest Foods on Earth and the forthcoming The Great Cholesterol Myth



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Great reading for all Mom's but especially all Grandmothers Great reading for all Mom's but especially all Grandmothers. Observe how it is possible to help your grandkids consume better and become smarter at school. Four Stars Good Book Therefore practical!! The authors obviously recognize that changing what sort of child eats is not always easy, so they provide many great tips on how to make it easier also to deal with the problems that may arise along the way. I purchased this book to help my sisters help to make healthy changes within their children's diets. Dr. I browse the book and passed it on to them, and they are also loving it. My favorite sections will be the "Parent Guidelines," which are not only very helpful to make changes with how children eat, however they are also very practical and easy to incorporate. The book is well crafted with clear and careful explanations. There is so much valuable info and it is presented in a manner that is not overwhelming. Glucose is poisoning our nation's youth, which book shows me personally what we are able to do!! I definitely recommend this publication! The "Parent Pull-Out Linens" are really useful and make the procedure of making dietary changes much easier. I couldn't become happier with my choice. Teitelbaum's book is indeed timely! I'm sending a duplicate of this book to my 4 yr old's teachers, and the institution principal too. It looks like I must battle every week with teachers and parents to educate them about how cookies, sweets, candies, etc are poisoning our kids at school. Many thanks for composing a book on what feeding our children sugars laded foods, drinks, and snacks is allowing diseases to proliferate, and ways to get kids that are addicted to sugar off in 5 steps.



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