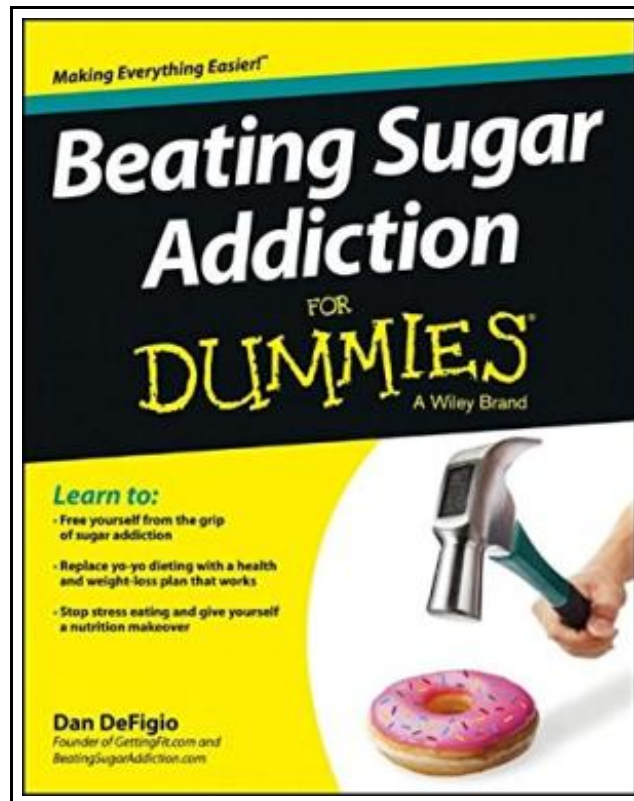


Beating Sugar Addiction For Dummies



Filesize: 1.19 MB

Reviews

This book is fantastic. This is certainly for all those who statte there had not been a really worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Prof. Dale Fahey MD)

BEATING SUGAR ADDICTION FOR DUMMIES



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John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Beating Sugar Addiction For Dummies, Dan DeFigio, Are you a sugar addict? Beating Sugar Addiction For Dummies provides you a safe and healthy path to overcome your addiction, eliminate stress eating, and upgrade your nutrition for a healthier lifestyle. Sugar addiction is a rapidly growing epidemic that can lead to obesity, chronic fatigue, diabetes, and a host of other medical and psychological problems. Beating Sugar Addiction For Dummies helps those who are affected by this commonly overlooked addiction to outsmart their sugar cravings and overcome their addiction. The tips in this book will help you: * Learn to stop stress eating and perform a nutrition makeover that makes the low-sugar lifestyle easy! * Stop the frustration of yo-yo dieting, and finally find an eating plan that works. * Free yourself from the grip of sugar addiction and regain control over your life. Beating Sugar Addiction For Dummies contains everything you need to start your journey down the road to wellness: * Four common types of sugar addicts which one are you? * Finally understand carbs, protein, and fat with a simple nutrition system for weight loss and healthy eating, including what to choose and what to stay away from * Detoxing from sugar and performing a kitchen makeover * Eating mindfully making purposeful decisions instead of stress eating * How to survive holidays, restaurants, and special occasions * Building a support system * Exercise programs for energy and weight loss * Speedy low-sugar recipes for breakfast, lunch, dinner, snacks, and desserts * Staying on track and breaking the cycle of failure including a step-by-step list of exactly what to do when a sugar craving strikes! If you're one of the millions of people worldwide who relies too much on...



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