



The Sugar Addict's Total Recovery Program

Kathleen DesMaisons

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The Sugar Addict's Total Recovery Program Kathleen DesMaisons

Building on the science of nutrition that she outlined in her bestselling book, *Potatoes Not Prozac*, Dr. Kathleen DesMaisons now presents the first complete, in-depth dietary plan for living with—and healing—sugar sensitivity. She explains exactly how you can free your mind and body from the tyranny of sugar and shake off the exhaustion, mental fogginess, and mood swings that sugar dependence causes. Revealing the various ways sugar addiction affects both men and women, and the unique methods for healing it, Dr. DesMaisons encourages you to custom-tailor her simple program to fit your lifestyle and includes information on

- How to integrate a “slow-carbs not low-carbs” strategy into your diet
- Why regular protein is essential and how to get it with every meal
- What to eat when a sugar craving strikes
- How to get the nutrition you need on the run—even at fast-food restaurants
- How to find an exercise program you’ll enjoy
- Ten breakfasts you can prepare in a flash
- Menus and recipes for every lifestyle and taste

Practical, hands-on, and reader friendly, *The Sugar Addict's Total Recovery Program* will transform your life by helping you eat right—starting today!

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Paul Jackson:

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Jean Gaitan:

This The Sugar Addict's Total Recovery Program is completely new way for you who has fascination to look for some information since it relief your hunger details. Getting deeper you in it getting knowledge more you know otherwise you who still having little bit of digest in reading this The Sugar Addict's Total Recovery Program can be the light food in your case because the information inside this kind of book is easy to get by means of anyone. These books create itself in the form and that is reachable by anyone, that's why I mean in the e-book form. People who think that in reserve form make them feel tired even dizzy this guide is the answer. So you cannot find any in reading a reserve especially this one. You can find actually looking for. It should be here for anyone. So , don't miss the item! Just read this e-book style for your better life and knowledge.

Stephanie Landa:

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