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**THE *POTATOES NOT PROZAC*
DAILY DIETARY PLAN**

THE SUGAR ADDICT'S *Total* RECOVERY PROGRAM

All-Natural, Simple Solutions That:

- Eliminate Food Cravings • Build Energy
- Enhance Mental Focus • Heal Depression

KATHLEEN DESMAISONS, Ph.D., ADDICTIVE NUTRITION

The Sugar Addicts Total Recovery Program

Connie Bennett, Stephen Sinatra



The Sugar Addicts Total Recovery Program:

The Sugar Addict's Total Recovery Program Kathleen DesMaisons, 2002-05-28 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 foggiess 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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Sugar Addiction Robin Forest, 2015-10-28 This book was written by an actual sugar addict Me I am sharing my knowledge and experiences through 13 Step By Step Program You will find out how to Control your cravings Change your impulsive shopping habbits Detox your body and many many more I have my sugar addiction under control now for several years and am living proof that following this program can improve your self esteem looks and life in general This is a LIMITED OFFFER Grab your copy NOW I invite you to give it a try and see for yourself

Sugar Shock! Connie Bennett, Stephen Sinatra, 2006-12-26 The perfect guide to getting healthy by kicking your sugar habit for good with 20 simple sugar free success strategies There s no sugarcoating it succumbing to sweets too often could damage your health But to what extent Most readers already know that succumbing to sweets too often can lead to obesity and diabetes What many don t know however is that too many quickie carbs can bring on a host of other maladies such as

brain fog fatigue mood swings heart disease and even cancer from which millions may be suffering because of their sugar or carbohydrate habits In this engaging jargon free book Connie Bennett and contributing author Dr Stephen T Sinatra bring you the shocking truth backed by medical studies With insights from thousands of physicians nutritionists researchers and sugar sufferers worldwide SUGAR SHOCK will teach you how to kick the sugar habit for good Spills the beans on the shocking impact of simple carbohydrates on aging and quality of life a double whammy for humanity Mehmet C Oz M D host of The Dr Oz Show Little Sugar Addicts Kathleen DesMaisons,2010-06-16 Sugar Is Not Love Do you have a smart creative loving child who is also cranky inattentive and sometimes downright obnoxious If you ve written off this negative behavior as typical for your child s age whether toddler or teen stop and think Does your child 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 throughout the day Your child s behavior may be linked to diet specifically to the sugar in obvious sources like sweets and soda and to hidden sugars that lurk in many foods fruit based drinks and healthy snacks like granola bars And if your son or daughter is sugar sensitive misbehavior and moodiness can be aggravated by missed or late meals and junk foods Now bestselling author Kathleen DesMaisons offers you a workable solution for getting back your child by changing his diet without creating a sense of deprivation without setting unrealistic goals and without turning sugar into forbidden fruit This book offers A step by step program backed by years of research for gradually improving the food your child eats you and your whole family will benefit Tips for navigating the sugar laden world of birthday parties holidays and school cafeterias Ways to incorporate healthy snacking and regular mealtimes into your child s day including suggestions for meals and snacks plus recipes Little Sugar Addicts isn t about strange foods dramatic lifestyle changes or complicated menus just support guidance and real life suggestions from other parents that work It will help you make the connection between the addictive qualities of sugar and negative behavior and offer a healthy solution you and your whole family can live with From the Trade Paperback edition *Potatoes Not Prozac: Revised and Updated* Kathleen DesMaisons,2019-09-24 Potatoes Not Prozac by Kathleen DesMaisons PhD the national bestseller that started the sugar free revolution is now fully revised and updated with the latest scientific information and success stories for a new generation of readers Can t say no to fattening foods carbs or alcohol You may be one of the millions of people who are sugar sensitive Many people who suffer from sugar sensitivity don t even know it and they continue to consume large quantities of sweets breads pasta or alcohol These foods can trigger exhaustion or low self esteem yet their biochemical impact makes those who are sugar sensitive crave them even more This vicious cycle can continue for years leaving sufferers overweight fatigued depressed and sometimes alcoholic Dr Kathleen DesMaisons came up with the solution and published it in her revolutionary book Potatoes Not Prozac In that instant bestseller she provided the tools needed to overcome sugar dependency including self tests and a step by step drug free program with a customizable diet designed to change your brain chemistry But now armed with years of further research and patient

feedback Dr DesMaisons has improved her groundbreaking plan to make it even more effective and easier to follow Join the thousands who have successfully healed their addiction to sugar lost weight and attained maximum health and well being by using this updated innovative plan The Dare Tony Gonzalez,2013-05-15 Would you gas up your car with jet fuel Would you wash your clothes in pure bleach Would you water your lawn with pure fertilizer If the answer is no then statistically why are most Americans today perhaps including you doing this to their bodies every day by eating refined sugars Sugar when locked in foods with fiber and nutrients is very healthy But processed refined sugar is a poison In The Dare Can You Walk Away from Your Poisonous Passion I use my own personal struggles with refined sugar to provide for you a simple common sense and practical explanation as to what refined sugar is and why you should either limit the amount that you eat or better cut it out completely I also provide you with the tools to make the change along with a personal challenge to take the first step This is not a medical book though I support my book with credible research quotes and testimonials This is a book written so that we laymen and laywomen can understand and apply So let me throw out the challenge now I dare you to read The Dare Can You Walk Away from Your Poisonous Passion and I dare you to take The Dare My hope is that your life will become more healthy happy and full just as mine has become through taking The Dare **Potatoes Not Prozac** Kathleen

Desmaisons,2012-10-01 Have you ever wondered why you can t say no to fattening foods or alcohol Why you overspend or overwork feel bloated have mood swings or depression The answer is not that you re lazy self indulgent or undisciplined The problem lies in your body chemistry Millions of people are sugar sensitive and the foods they turn to for comfort actually trigger feelings of exhaustion hopelessness and low self esteem In her groundbreaking book Kathleen DesMaisons Ph D explains how certain food dependent chemicals in the brain regulate our moods To maintain mental and physical health our serotonin beta endorphins and blood sugar levels need to be kept in balance We can achieve this by following DesMaison s inexpensive all natural nutritional plan There is no regime of measurements or self denial you tailor the plan to your tastes and lifestyle More than just a book about food this is a book about possibilities *Bioidentical Hormones 101* Jeffrey Dach,2011-09-09 American medicine has lost its way In *Bioidentical Hormones 101* author Dr Jeffrey Dach uncovers the ills in today s health care system and suggests ways to get it back on track Through a series of articles that originally appeared on his Internet blog Dach provides evidence that bioidentical hormones are safer and more effective than synthetic hormones He describes how to win the information war and take control of your health Questioning the prevailing medical dogma he covers a wide range of topics related to health and health care Natural thyroid Iodine supplementation Selenium Dangers of GMO food Avoiding bad drugs Limitations of cancer screening with mammograms PSA testing Thyroid ultrasound Low dose naltrexone Future of medicine Health insurance companies Dispensing the truth about drugs health care and medicine *Bioidentical Hormones 101* uses information to empower America to embrace a more holistic approach to health care

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