

# The Sugar Addicts Total Recovery Program

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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 foggy 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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Eventually, **The Sugar Addicts Total Recovery Program** will certainly discover a extra experience and realization by spending more cash. nevertheless when? complete you acknowledge that you require to get those every needs bearing in mind having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will guide you to

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