



The Sugar Addict's Total Recovery Program

Kathleen DesMaisons

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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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Nathan Kelly:

Typically the book The Sugar Addict's Total Recovery Program has a lot associated with on it. So when you make sure to read this book you can get a lot of benefit. The book was compiled by the very famous author. The writer makes some research just before write this book. This book very easy to read you can find the point easily after looking over this book.

Keith Smith:

The Sugar Addict's Total Recovery Program can be one of your beginning books that are good idea. We all recommend that straight away because this publication has good vocabulary which could increase your knowledge in words, easy to understand, bit entertaining but delivering the information. The author giving his/her effort that will put every word into pleasure arrangement in writing The Sugar Addict's Total Recovery Program however doesn't forget the main level, giving the reader the hottest along with based confirm resource data that maybe you can be one of it. This great information could drawn you into new stage of crucial imagining.

Kim Phillips:

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