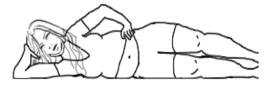
# 1 Rule of a flat stomach:

Cut down a bit of stomach fat every day by using this 1 weird old tip.





Q

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## Are You a Sugar Addict? New Book Helps Readers Identify and Conquer Unhealthy Addiction to Sugar



Are you a sugar addict? And if you are overdoing it on the sweet stuff, do you know what type of sugar addict you might be? For example:

Are you hooked on Red Bull or venti coffee drinks, to the point where you need caffeine just to make it through your daily fatigue? You could be a Type 1 Sugar Addict.

Do you go around thinking, "feed me now or I'll kill you!?" You could be an adrenallyfatigued Type 2 Sugar Addict.

What about chronic nasal congestion, sinusitis, spastic colon, or irritable bowel syndrome -along with a craving for sweet treats? You could be a candida/yeast overgrowing Type 3 Sugar Addict.

And how about those menstrual periods, menopause - or, for you guys -- andropause? Do hormonal ups and downs have you reaching for the cake and candy bars? You may be a Type 4 Sugar Addict.

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Recently diagnosed with Type 1 Diabetes?

www.DefendAgainstDiabetes.com

#### Addiction Treatment Recovery

Drug Abuse Addiction Treatment With Comprehensive Recovery Programs

BettyFordCenter.org/DrugTreatment

#### Fort Lauderdale Coupons

1 ridiculously huge coupon a day. Like doing Lauderdale at 90% off! www.Groupon.com/Fort-Lauderdale If any of this is sounding familiar, you'll want to read my review of the book, Beat Sugar Addiction Now, by Jacob Teitelbaum, MD. He maps out a strategy to help you identify your type of sugar addiction, along with practical steps to conquer your addiction for better health.

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