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DIET PLAN TO FREE YOURSELF FROM SUGAR ADDICTION | April 1, 2012

Diet book review: "Beat Sugar Addiction Now" to feel great and lose weight



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Rating for Sugar addiction book

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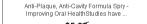
I read Beat Sugar Addiction Now!: The Cutting-Edge Program That Cures Your Type of Sugar Addiction and Puts You on the Road to Feeling Great - and Losing Weight! because I wanted to see how I would feel (I hoped better!) reducing the amount of sugar that I ate. That maple syrup I poured over my breakfast oatmeal, the snack bar I grabbed in mid-morning, the ice cream I sometimes substituted for lunch on a busy day -- I knew I had a "sugar problem!" And now, with new research showing how harmful sugar can be to your diet, I'm even happier that I succeeded with this plan.

I also highly recommend the follow-up: Beat Sugar Addiction Now! Cookbook: Recipes That Cure Your Type of Sugar Addiction and Help You Lose Weight and Feel Great! These recipes and menus are designed to help you enjoy nutrients targeted to your own sugar addiction "type." For example, if you're a Type 2 like me, you'll enjoy recipes high in Vitamin C to break down cortisol and halt those sugar cravings. Also in the book are treats (sugar-free of course!) so that you can have your cake and avoid sugar too.

What makes these books so easy to follow: Dr. Teitelbaum explains that 4 types of sugar addiction exist. Just as with Dr. Oz's 5 fat busters for 5 body types approach, Dr.

Teitelbaum offers a carefully detailed plan for discovering how to halt your own sugar cravings. Result: you feel more energized, without those rollercoaster ups and downs from eating sugar throughout the day.





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