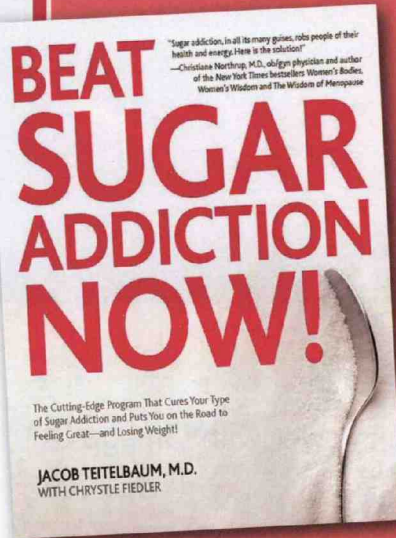


book REVIEW

Slay Your Sugar Dragon

America's sweet tooth is out of control—and our sugar addiction is making us sick. So notes Jacob Teitelbaum, M.D. in his popular book *Beat Sugar Addiction Now!* Best known as an expert in chronic fatigue and fibromyalgia, Dr. Teitelbaum describes four basic types of sugar addiction—the energy junkie, adrenal exhaustion, candida overgrowth, and hormonal

swings. Once you've identified your personal type of sugar addiction, Dr. Teitelbaum gives you targeted dietary and lifestyle suggestions. You'll also find helpful Rx: Your Wellness Prescriptions throughout each chapter that provide strategies (i.e., get seven to nine hours of sleep per night, eliminate so-called "energy drinks") for your sugar addiction type.



Dr. Teitelbaum also tells you everything you need to know about the specific supplements and nutrients that can help you break your addiction. These bite-sized bits of data are great for anyone who needs information fast or simply wants a quick review during their journey to sever the power sugar has over their lives. Conversely, for readers who want all the juicy details, Dr. Teitelbaum provides plenty of information—enough to satisfy even the most committed data lover.

Beat Sugar Addiction Now! is a useful and informative guide for effectively diminishing (or even eliminating!) those unrelenting sugar cravings and your excessive sugar intake. Packed with research and common-sense advice, it's also a must-read for anyone wanting to know how sugar negatively impacts everything from your weight to your brain to your overall health.

