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**THE *POTATOES NOT PROZAC*
DAILY DIETARY PLAN**

THE SUGAR ADDICT'S

Total

RECOVERY PROGRAM

All-Natural, Simple Solutions That:

- Eliminate Food Cravings • Build Energy
- Enhance Mental Focus • Heal Depression

KATHLEEN DESMAISONS, Ph.D., ADDICTIVE NUTRITION

The Sugar Addicts Total Recovery Program

Sabine Zange



The Sugar Addicts Total Recovery Program:

The Sugar Addict's Total Recovery Program Kathleen DesMaisons, 2002-05-28 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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Sugar Addiction Robin Forest, 2015-10-28 This book was written by an actual sugar addict Me I am sharing my knowledge and experiences through 13 Step By Step Program You will find out how to Control your cravings Change your impulsive shopping habits Detox your body and many many more I have my sugar addiction under control now for several years and am living proof that following this program can improve your self esteem looks and life in general This is a LIMITED OFFER Grab your copy NOW I invite you to give it a try and see for yourself

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brain fog fatigue mood swings heart disease and even cancer from which millions may be suffering because of their sugar or carbohydrate habits In this engaging jargon free book Connie Bennett and contributing author Dr Stephen T Sinatra bring you the shocking truth backed by medical studies With insights from thousands of physicians nutritionists researchers and sugar sufferers worldwide SUGAR SHOCK will teach you how to kick the sugar habit for good Spills the beans on the shocking impact of simple carbohydrates on aging and quality of life a double whammy for humanity Mehmet C Oz M D host of The Dr Oz Show *Your Last Diet!* Kathleen DesMaisons,2009-01-21 From the bestselling author of Potatoes Not Prozac this is the first diet plan specifically designed for people who are sugar sensitive If you ve tried every diet under the sun only to watch your weight boomerang take heart You may have been born with a biochemistry that makes you more vulnerable to becoming addicted to sugar The first weight loss program of its kind Your Last Diet pinpoints what you can do to heal your sugar sensitivity once and for all and lose weight permanently in the process Inside you ll discover how to Increase serotonin and beta endorphin levels for appetite and mood control Feel more confident energetic and clear minded Lose weight steadily without rebounding Adjust eating habits for maximum health Filled with testimonials from people who have followed the plan lost weight and kept it off Your Last Diet is a powerful inspiration to all who have struggled with sugar addiction and weight issues This will truly be your last diet Potatoes Not Prozac Kathleen DesMaisons,2011-11-08 Can t say no to fattening foods alcohol or compulsive behaviors You re not lazy self indulgent or undisciplined you may be one of the millions of people who are sugar sensitive Many people who suffer from sugar sensitivity don t even know it they continue to consume large quantities of sweets breads pasta or alcohol These foods can trigger feelings of exhaustion and low self esteem yet their biochemical impact makes sugar sensitive people crave them even more This vicious cycle can continue for years leaving sufferers overweight fatigued depressed and sometimes alcoholic Now there is a solution in Potatoes Not Prozac Dr Kathleen DesMaisons gives you the tools you need to overcome sugar dependency with self tests to determine your sugar sensitivity as well as an easy to follow drug free program with a customized diet high in protein and complex carbohydrates Join the thousands of people who have successfully healed their addiction to sugar lost weight and attained maximum health and well being by using Dr DesMaisons s innovative plan **The Dare** Tony Gonzalez,2013-05-15 Would you gas up your car with jet fuel Would you wash your clothes in pure bleach Would you water your lawn with pure fertilizer If the answer is no then statistically why are most Americans today perhaps including you doing this to their bodies every day by eating refined sugars Sugar when locked in foods with fiber and nutrients is very healthy But processed refined sugar is a poison In The Dare Can You Walk Away from Your Poisonous Passion I use my own personal struggles with refined sugar to provide for you a simple common sense and practical explanation as to what refined sugar is and why you should either limit the amount that you eat or better cut it out completely I also provide you with the tools to make the change along with a personal challenge to take the first step This is not a medical book though I support my book with credible research quotes and testimonials This is

a book written so that we laymen and laywomen can understand and apply So let me throw out the challenge now I dare you to read *The Dare Can You Walk Away from Your Poisonous Passion* and I dare you to take *The Dare* My hope is that your life will become more healthy happy and full just as mine has become through taking *The Dare* *Little Sugar Addicts* Kathleen DesMaisons,2010-06-16 Sugar Is Not Love Do you have a smart creative loving child who is also cranky inattentive and sometimes downright obnoxious If you've written off this negative behavior as typical for your child's age whether toddler or teen stop and think Does your child have a taste for soda sugary breakfast cereals and treats like candy and cookies Does she eat regularly scheduled meals or skip them What exactly does he drink and snack on throughout the day Your child's behavior may be linked to diet specifically to the sugar in obvious sources like sweets and soda and to hidden sugars that lurk in many foods fruit based drinks and healthy snacks like granola bars And if your son or daughter is sugar sensitive misbehavior and moodiness can be aggravated by missed or late meals and junk foods Now bestselling author Kathleen DesMaisons offers you a workable solution for getting back your child by changing his diet without creating a sense of deprivation without setting unrealistic goals and without turning sugar into forbidden fruit This book offers A step by step program backed by years of research for gradually improving the food your child eats you and your whole family will benefit Tips for navigating the sugar laden world of birthday parties holidays and school cafeterias Ways to incorporate healthy snacking and regular mealtimes into your child's day including suggestions for meals and snacks plus recipes *Little Sugar Addicts* isn't about strange foods dramatic lifestyle changes or complicated menus just support guidance and real life suggestions from other parents that work It will help you make the connection between the addictive qualities of sugar and negative behavior and offer a healthy solution you and your whole family can live with From the Trade Paperback edition

Acres, U.S.A. ,2006 *The Publishers Weekly* ,2001 *Living the Low Carb Life (Scholastic)* Jonny Bowden,2004 Reveals hundreds of secrets to finding and sticking with a healthy controlled carb program If there's anything you want to know about low carbing this is the book for you **Library Journal** ,2000 *The Library Journal* ,2000 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately *The Sugar Addict's Total Recovery Programme* Kathleen DesMaisons,2002 *POTATOES NOT PROZAC* defined the problem of sugar sensitivity and set us on our way to freedom from it But readers need to know more to be able to stay on the *POTATOES NOT PROZAC* programme and to have specifics on how to get out of the fog of sugar induced confusion poor concentration and depression Here's what to eat for breakfast what to do when you slip off the plan and how to suppress sugar cravings It includes more than 100 recipes shopping lists tips for coping with tough situations and tools for dealing with stress Full of practical techniques for applying the theory that was outlined in *POTATOES NOT PROZAC* this is a clear simple but thorough guide and is cutting edge health science

Forthcoming Books Rose Arny,2001 **The Truth about Addiction and Recovery** Stanton Peele,Archie

Brodsky, Mary Arnold, 1991 A scientific view of the addiction process and how people both as individuals and as a community can overcome their addictions **Drugs, Society, and Behavior 96/97** Hugh T. Wilson, 1996 **A Path to Healing**

Andrea D. Sullivan, 1998 Twenty years ago at age twenty nine Andrea Sullivan was a high level executive at HUD in a state of what she now calls dis ease stressed out thirty pounds overweight with a face full of acne Moved by a desire to help her community and herself in a meaningful way she quit her job and decided to become a doctor She applied and was accepted to Bastyr Medical School for Alternative Medicine and became a naturopathic physician Since then Dr Sullivan has been at the vanguard of naturopathic medicine and has helped hundreds of African Americans create dramatic and lasting lifestyle changes Unlike traditional doctors naturopathic physicians with the aid of herbs roots and other natural remedies treat the patient not the disease Here in easy to understand language Dr Sullivan provides an overview of alternative medicine paying close attention to naturopathy discusses the African American tradition and its link to naturopathic medicine and delves into stress high blood pressure arthritis obesity depression and diabetes all problems that plague African Americans and prescribes an overall guide to maintaining health and keeping disease at bay In A Path to Healing Dr Sullivan makes a convincing case for naturopathic medicine as the best way to prevent disease and treat chronic illnesses while not discounting the use of traditional Western medicine especially in cases of traumatic injury *A Path to Healing* Andrea Sullivan, 1999 In A Path to Healing Dr Andrea Sullivan one of the nation s leading naturopaths tells readers everything they need to know about establishing wellness in their lives In easy to understand language she demystifies alternative medicine and prescribes an overall guide to maintaining health and keeping disease at bay Special attention is devoted to the most common and dangerous diseases including stress hypertension cancer diabetes obesity HIV AIDS arthritis depression In the tradition of Dr Andrew Weil s Natural Health Natural Medicine A Path to Healing is a necessary prescription for creating a healthy and balanced life Allergy Free Eating Liz Reno, Joanna Devrais, 1995 The purpose of this work is to provide updated well rounded clear information presented without extremes or gimmicks It is also a collection of low fat and nonfat recipes featuring enticing flavor combinations Whether used by a health care professional or individuals suffering from allergies this guide offers a lifeline toward healthful life changes in cooking and eating

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