



# **The Sugar Habit- How It Starts, What Keeps It Going and How to Break It Naturally: The Real Truth About Sugar and How to Beat Its Addiction Using Simple, Natural Remedies**

*Christine Adams MD*

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ALL THINGS IN MODERATION...A LITTLE BIT WON'T HURT...IT'S FUEL FOR MY BRAIN... We all have justified our sugar intake this way at one time or another. The question remains: should sugar ever be consumed and if so, what forms of sugar are safe? We now know that the adverse effects of sugar are monumental and include diabetes, obesity and fatty liver disease, just to name a few. The stats are staggering: today the average person in the US consumes his/her weight in sugar, plus over 20 pounds of corn syrup per year! The good news is that we can prevent the onset of disease and reverse the damage done to our bodies by cutting out or completely eliminating processed sugar from our diets. This guide will show you how you can beat your addiction to sugar forever by using simple, natural remedies! The benefits of cutting down or completely eliminating refined sugar from your diet are endless and include: -Rapid weight loss and weight loss maintenance -Your sugar cravings will be drastically reduced -You will have much less "hunger pains" -Headaches and fatigue will be drastically reduced if not eliminated -Less mood swings and even a clearer, focused, and improved mental state -Decreased risk of developing diabetes, obesity, heart disease, Alzheimer's disease -Decreased Bad Cholesterol and Triglycerides In this informative guide you'll discover: -How addiction to sugar starts and what keeps it going -Sugar origins, composition and why it's called the "anti-nutrient" -Which sugar alternatives (and how much) to use when substituting for refined sugar in cooking -The real truth about sugar substitutes and artificial sweeteners -How to cut down or cut out sugar from your diet -The truth about chocolate and how it affects your mood -How to quit sugar and cope with cravings with nutritional supplements -How herbal aids, aromatherapy, flower remedies and homeopathy can be used to overcome cravings, irritability, mood swings -How Massage, Reiki, Acupuncture can be used to beat sugar addiction SCROLL UP AND GET YOUR COPY TODAY!!!

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