



Lick the Sugar Habit

Nancy Appleton

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Are you a sugarholic? As Americans, we consume on average 150 pounds of sugar a year, and that's as bad for you as it sounds. Sugar upsets body chemistry and devastates the endocrine and immune systems, leading to a host of diseases and conditions including hypoglycemia, diabetes, osteoporosis, arthritis, cancer, heart disease, headaches, allergies, asthma, obesity, periodontal disease, tooth decay, and more. A sugarholic since childhood, Dr. Nancy Appleton cured herself of chronic illnesses by changing her diet. In *Lick the Sugar Habit*, she explains how it worked for her, and how it can help you too through a variety of simple techniques, and mouth-watering, healthful recipes.

- Are you a sugarholic? Answer the questionnaire to find out
- Test yourself for food allergies caused by sugar
- End sugar-related calcium loss, heartburn, and indigestion—without drugs!
- Follow one of three detailed food plans to ease yourself into a low-sugar life
- Through a variety of simple techniques, learn how to banish sugar cravings
- Savor healthy, hearty dishes like Hot Asparagus Soup, Persian Lamb and Bean Stew, and Savory Pepper Pilaf. Choose from an entire chapter of easy-to-prepare recipes

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Donald White:

The feeling that you get from Lick the Sugar Habit is the more deep you searching the information that hide in the words the more you get considering reading it. It does not mean that this book is hard to understand but Lick the Sugar Habit giving you enjoyment feeling of reading. The article writer conveys their point in particular way that can be understood by simply anyone who read that because the author of this publication is well-known enough. That book also makes your own vocabulary increase well. Therefore it is easy to understand then can go together with you, both in printed or e-book style are available. We propose you for having this Lick the Sugar Habit instantly.

Otis Kozlowski:

The publication with title Lick the Sugar Habit contains a lot of information that you can understand it. You can get a lot of benefit after read this book. That book exist new know-how the information that exist in this e-book represented the condition of the world right now. That is important to yo7u to know how the improvement of the world. That book will bring you in new era of the the positive effect. You can read the e-book on the smart phone, so you can read it anywhere you want.

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